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★ AMERICA VOTES ★

GETTY IMAGES

TRUMP TAKES AMERICA

- Clinton does not concede
- Late-night drama right to the wire
- Markets plummet

metroNEWS

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Democratic presidential nominee Hillary Clinton steps away from a voting booth after voting at Douglas G. Griffin School Tuesday in Chappaqua, New York. AFP/GETTY IMAGES

A gender gap with a capital 'G'

Non-college-educated white men flock to Donald Trump

Donald Trump dominated among white voters, especially non-college-educated men, while Hillary Clinton put together a coalition of women, minorities and young people.

Four in 10 voters said they were hungry for change, and those voters overwhelmingly favoured Trump. Smaller voting blocs who were seeking a candidate with good judgment, experience or who cared about them favoured Clinton, preliminary results from exit polls showed.

The race produced a gender gap with a capital "G" for Clinton - but it was the working-class white men flocking to Trump who had a lot to do with it.

Trump, who once famously declared that he loved the uneducated, got plenty of love back from white voters who never graduated from college: He got 7 in 10 votes from non-college-educated white men and 6 in 10 votes from non-college-educated white women.

Clinton, meanwhile, got the support of less than a quarter of white men without a college degree; Obama, by contrast, drew about a third of their votes four years ago. Clinton did make some inroads with college-educated white women. Just over half supported her, while four years ago just over half of that group had backed Republican Mitt Romney in 2012.

MILLENNIAL MAGIC

Clinton managed to hang on to the millennials who were such a big part of Obama's winning coalition.

Young people age 18-29 supported Clinton over Trump by nearly as strong a margin as their support of Obama over Romney in 2012.

Those between 30 and 44 also were much more likely to support Clinton than Trump. Trump won the favour of those 45 and over.

HOLDING THEIR NOSES

Americans held their noses as they picked between Clinton and Trump: More than half of voters cast their ballots with reservations about their candidate or because they disliked the others running.

That was true both for those backing Clinton and those supporting Trump, the exit polls showed

After a long, hard-fought campaign, just 4 out of 10 voters strongly favoured their candidate.

The prospect of a Clinton or Trump victory was downright scary to plenty of voters: Seven in 10 Clinton voters said they'd feel scared by Trump victory; 6 in 10 Trump voters felt the same about a Clinton win.

WOMEN'S ISSUES VS. EMAIL ISSUES

After all of the sound and fury over Trump's treatment of women, it turned out the issue bothered half of all voters a lot - and women were more concerned about it than men.

About 6 in 10 women were bothered a lot, compared to about 4 in 10 men, the exit poll found.

The partisan divide on the issue was stark: More than 8 in 10 Clinton voters were bothered a lot by the GOP candidate's treatment of women, compared to about 1 in 10 Trump voters.

It turned out voters were somewhat less concerned about Clinton's use of a private email server as secretary of state.

That issue mattered a lot to about four in 10 voters, including about 9 in 10 Trump voters. Less than 1 in 10 Clinton's supporters were bothered a lot.

The survey was conducted for The Associated Press and television networks by Edison Research with 23,583 voters as they left their polling places at 350 randomly selected sites throughout the United States supplemented by 4,404 telephone interviews with mail, early and absentee voters. The results among all those voting have a margin of sampling error of plus or minus 2 percentage points.

TO BE HONEST ...

Neither Trump nor Clinton gets bragging rights when it comes to honesty.

About 6 out of 10 voters said they don't view Clinton as honest and about the same share felt the same way about Trump.

Opinions were more mixed on the question of temperament.

More than half of Americans said Clinton had the temperament to be president and about a third felt the same about Trump. THE ASSOCIATED PRESS

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People watch voting results at Democratic presidential nominee former Secretary of State Hillary Clinton's election night event at the Jacob K. Javits Convention Center Tuesday. AFP/GETTY IMAGES

President Donald Trump? Believe it

Trump win may cause period of economic and political upheaval

Donald Trump was pulling off the unthinkable once again late Tuesday, this time with colossal global consequences. The Republican businessman and former reality television star was on the verge of being elected president of the United States, completing an astonishing rise from political laughingstock to leader of the free world.

A Trump victory, perhaps the most staggering election outcome in the modern history of major countries, would represent a repudiation of Democratic candidate Hillary Clinton, who was favoured in polls throughout the campaign but was widely considered dishonest and inauthentic. And it would be the biggest triumph yet for the populist nationalism that has shaken countries from Britain to Venezuela.

A Trump win may produce a period of international political, military and economic upheaval. Even before the race was called, the Dow futures market fell by 750 points, a sharper descent than immediately after the Sept. 11 attacks.

Clinton and President Barack Obama had called for a comprehensive rejection of Trumpism — his disparagement of women and minority groups, his disdain for democratic norms, his rage. Instead, many voters rejected their message of inclusion and incremental improvement in favour of a promise of radical transformation.

They appeared poised to give immense power to an erratic, never-elected and habitually untruthful candidate whose behaviour and policy positions have alarmed much of the world — and who would face no organized opposition in Congress.

Republicans retained control of the House of Representatives.

Trump ran on a promise to "drain the swamp" in Washington and restore a bygone era of American greatness. He has vowed to take a sledgehammer to Obama's legacy — repealing his Obamacare health-care overhaul, scrapping his environmental restrictions aimed at fighting climate change, deporting all illegal immigrants instead of attempting to assimilate them.

The result seemed certain to exacerbate the racial and political polarization that has riven the country during the Obama era. In a sign of just how divided the country remains, Clinton had a chance to win the popular vote while losing decisively in the electoral college.

Clinton was hoping to win the presidency on the strength of the so-called "Obama coalition": African-Americans, Hispanics, Muslims and Asians; young people; and college-educated white people. She urged voters to choose "big-hearted" hope over division and fear.

Trump's path to 270 electoral votes had appeared daunting all year, and the final batch of polls gave Clinton an average lead of about four percentage points. Analysts spoke of a "blue wall" in the northeast.

TORSTAR NEWS SERVICE

Markets tumble

Luke Simcoe
Metro | Toronto

As Donald Trump's lead in the U.S. election rose Tuesday night, financial markets the world over were sent into free fall.

Early reports had the Dow Jones down nearly 800 points, or roughly four per cent. Stock markets across Asia Pacific also plunged, as investors reacted to Trump's tough talk on trade.

S&P 500 futures were down five per cent, mirroring the fall that happened in the days following the Brexit vote.

"Rightly or wrongly, markets are going to be concerned about a Trump victory, particularly given the potential consequences for world trade and its impact on many large companies in the U.S. stock market," said Ric Spooner, chief analyst at CMC Markets in Sydney.

The evening's biggest loser was the Mexican peso, which had been viewed as a market proxy for Trump's odds of winning. The Mexican currency plunged about 10 per cent to 20.20 pesos to the U.S. dollar — its lowest level in 20 years.

Oil prices also tumbled, which could be a bad sign for the Canadian dollar.

In overnight trading, the loonie dipped a full cent against the greenback before recovering slightly.

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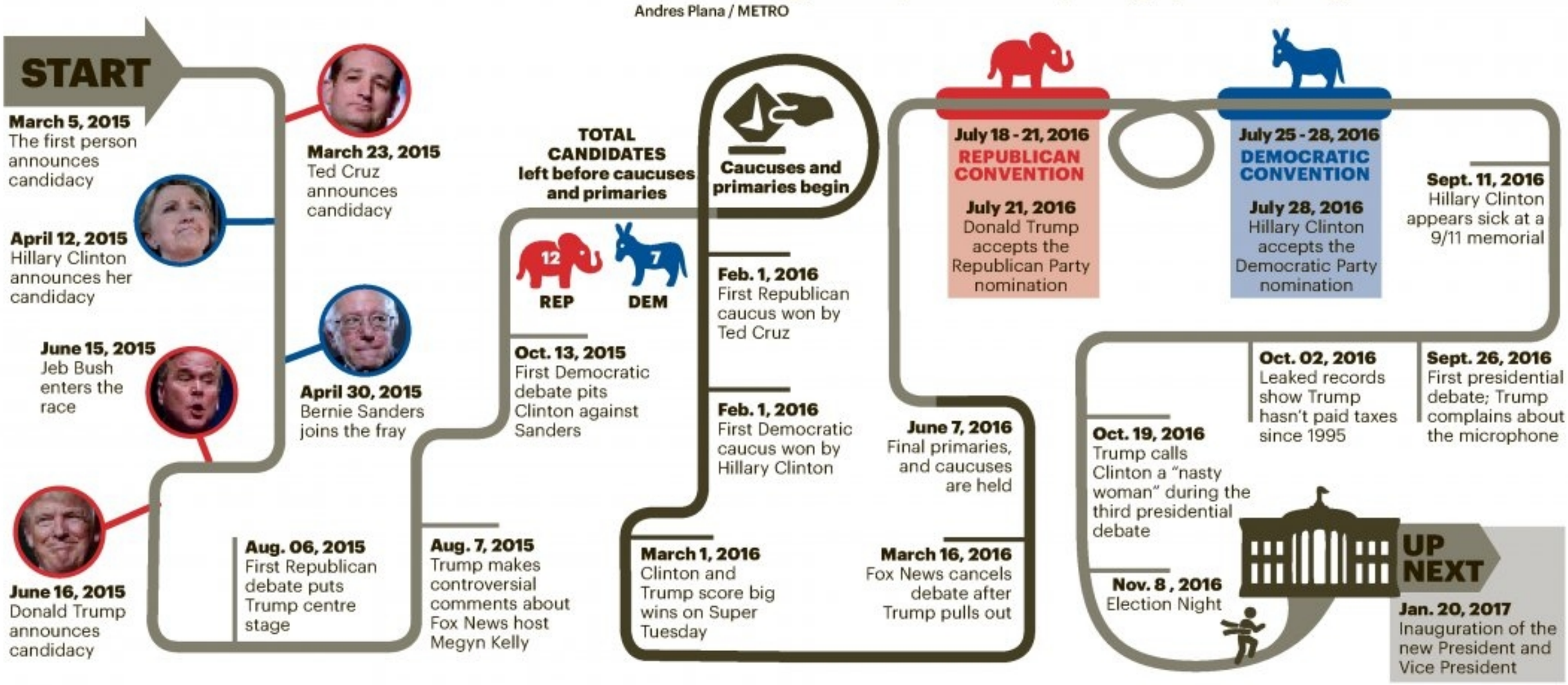
Metro Explains

That topsy-turvy U.S. election

The moments that defined this long, crazy and very angry campaign

Andres Plana / METRO



Polling station drama on election day

VOTERS

Trump campaign already alleges violations

Long lines, malfunctioning machines, a Trump campaign lawsuit, allegations of voter harassment and a shooting that locked down two California polling stations — for American voters on Tuesday, an ugly and messy election season came to an ugly and messy end.

Fears of widespread election-day violence failed to materialize on Tuesday, though Californians endured a few tense hours after gunfire erupted near a polling station in Azusa, a city 40 kilometres east of Los Angeles.

The shooting forced the lockdown of two polling stations but police said late Tuesday that it was unrelated to the election and they still had no motive. The gunman and a male victim in his 70s were killed, with two other people injured; at least one of the victims was also on their way to vote, the Los Angeles Times reported.

But outside of Azusa, U.S. voters encountered more typical polling station dramas: long lineups, malfunctioning machines, assorted annoyances and isolated pockets of voter harassment.

The day did begin, however, with a Donald Trump trademark: a lawsuit. Early Tuesday, the Republican candidate's campaign filed a lawsuit in Nevada — one of several states that allows early voting — alleging that voters were allowed to cast their ballots past deadline last week.

In Nevada, people standing in line when the polls close at 8 p.m. are allowed to cast their ballots. The Trump campaign is alleging, however, that election officials violated state law by allowing people to join the line even after the cut off time.

The lawsuit — which was rejected quickly by a Nevada judge — was widely perceived as an attempt to suppress Hispanic voters in an important swing state. The polling station was located outside of a Mexican supermarket in Las Vegas, a Clinton stronghold.

While election day was largely peaceful, civil rights groups logged a high number of complaints from voters reporting harassment or suppression. As of early Tuesday evening, some 30,000 calls already had been received by a national voter complaint hotline; according to civil rights groups, a large proportion of them were from African-American and Latino voters.

According to Election Protection, an organization operating a hotline, voters complained about being directed to the wrong polling places, learning that their names had been purged from voter rolls, being wrongly told to fill out provisional ballots, and being improperly asked for identification or forced to wait in long lines. Voters in Florida's also reported people "using megaphones aggressively" and in Jacksonville, an "unauthorized individual" was also found inside a polling station, according to Kristen Clarke, president of the Lawyers' Committee for Civil Rights Under Law, during a press conference.

There were also reports in Hollywood, Fla., of "aggressive individuals hovering around" voters as the approached polling sites, she added. "Some have turned away because they did not feel able to freely cast (a) ballot."

A few skirmishes were also reported Tuesday.

In Michigan, authorities had to break up a shoving match between a Hillary Clinton supporter and another voter supporting Trump. WITH FILES FROM TORSTAR WIRE SERVICES

Glimpse into a historic day

AFP/GETTY IMAGES

A 'most humbling feeling'

CAMPAIGN

Clinton casts her vote, feels weight of huge occasion

She's delivered her closing pitch, concluded her final rally and cast her own vote.

By Tuesday afternoon, there was little left Hillary Clinton to do but wait, and prepare for word of whether she'd be picked as the first woman to serve as U.S. president.

Her campaign picked a suitably symbolic location for her Election Night party — the Jacob K. Javits Convention Center in New York City, which, in a nod to the historic moment, offers a glass ceiling. Casting her ballot at an elementary school near her home in suburban New York on Tuesday morning, the Democratic nominee acknowledged the weight of the day, saying: "so many people are counting on the outcome of this election."

It was a relatively calm Election Day compared with Clinton's hectic final few days day on the campaign trail. The former secretary of state and New York senator dashed through battleground states, encouraged get-out-the-vote efforts and campaigned with a star-studded cast of celebrity supporters.

The eve of the election included an emotional rally in Philadelphia with her husband, President Barack Obama and first lady Michelle Obama, as well as performances by Jon Bon Jovi and Bruce Springsteen. Lady Gaga capped it off by serenading thousands of supporters before the Clintons took the stage for a 1 a.m. rally in Raleigh, North Carolina.

After the divisive rhetoric of the campaign against Republican Donald Trump, Clinton sought to offer a positive closing message on Monday. She told supporters in Pittsburgh they "can vote for a hopeful, inclusive, bighearted America." In a buoyant mood, she also greeted voters who cried out "we love you," smiling back: "I love you all, too ... absolutely."

Some good news boosted Clinton's spirits in the final moments of the campaign. On Sunday, FBI Director James Comey sent a letter to Congress, informing lawmakers the bureau had found no evidence in its hurried review of newly discovered emails to warrant criminal charges against Clinton.

The late October announcement of a fresh email review rocked the race just as Clinton appeared to be pulling away from Trump in several battleground states. The update from the FBI may have come too late for some: In the nine days between Comey's initial statement until his "all clear" announcement on Sunday, nearly 24 million people cast early ballots. That's about 18 per cent of the expected total votes for president.

She also campaigned with Khizr Khan, the father of a slain U.S. Army officer whose indictment of Trump at the Democratic National Convention was an emotional high point for Clinton's party.

THE ASSOCIATED PRESS

Trump shows trust issues as wife votes

Luke Simcoe
Metro | Toronto

If his behaviour at the polls was any indication, Donald Trump wasn't confident he had swayed the mind of the American electorate — or even his wife's for that matter.

A photo of Trump appearing to sneak a peek at Melania Trump's ballot became one of the final online memes of the Republican candidate's tumultuous campaign, and prompted some to wonder whether Trump's spouse was secretly a Hillary Clinton fan.

The couple voted Tuesday morning at a school in Manhattan. However, the photo-op backfired on Trump when social media users seized on the image of him glancing at his wife while she filled out her ballot.

Comedian Chelsea Handler — a Clinton supporter — shared the image on Twitter with the caption "when you're worried that your wife copied off Michelle again," a reference to Melania Trump's Republic convention speech that mirrored an earlier speech by First Lady Michelle Obama.

Handler's joke was retweeted over 23,000 times. Others shared the image with the hashtag #ImWithHer, suggesting Melania was voting for Clinton.

"When you trust your wife to vote for you, but not really" was another quip shared online with this photo.

AFP/GETTY IMAGES

Prevent spills by curbing oil tanker traffic: Mayor

POLITICS

Robertson slams Ottawa's silence on offshore action

Matt Kieltyka
Metro | Vancouver

The best way to prevent oil spills on Canada's west coast is to restrict tanker traffic, Vancouver Mayor Gregor Robertson said a day after the federal government announced its ocean protection plan.

Environmental advocates from groups such as Stand.earth and West Coast Environmental Law have said Prime Minister Justin Trudeau's $1.5-billion plan potentially paves the way for Kinder Morgan's Trans Mountain pipeline expansion to be approved by government.

Few details have been revealed but the plan includes spending over five years to create a marine safety system, restore ocean ecosystems, strengthen the Canadian Coast Guard, crack down in industry pollution and research new methods to clean up oil spills.

It does not include a ban on oil tankers off the West Coast.

"I'm very concerned that a potential approval for Kinder Morgan is tied to the latest announcements about oil spill response," Robertson, an outspoken opponent of the project, said Tuesday. "Obviously, the best way to prevent oil spills is not to multiply the number of oil tankers coming through Vancouver by seven times."

The mayor said the Liberals' plan is an improvement over the "pathetic response historically" to west coast oil spills and agreed more resources are needed, but said he hopes the new funding for response doesn't indicate the government is planning to say yes to the proposed $6.8-billion pipeline by Dec. 16.

Vancouver Mayor Gregor Robertson, with general manager of engineering Jerry Dobrovolny, demonstrated on Tuesday how city crew piled sandbags at Locarno Beach to protect low-lying homes from this year's king tides. JENNIFER GAUTHIER/METRO

> "I'm hopeful (Ottawa) is listening, (that) they're respecting First Nations here. Gregor Robertson

"Prevention and being proactive is a far superior approach to ensure we don't have a massive oil spill in Vancouver, and that means saying no to the Kinder Morgan pipeline," he said. "I'm hopeful (Ottawa) is listening, (that) they're respecting First Nations here on the West Coast and they will realize the National Energy Board process was a disaster and fraudulent and cannot be relied upon for recommending this being approved."

Robertson made his comments during a news conference on the city's sandbagging program to protect low-lying areas from flooding related to rising sea levels.

"We're sandbagging here along the Spanish Banks to protect our coastline from sea levels rise caused by climate change, which is caused by fossil fuels," he said. "So there's a direct connection between increasing the export of fossil fuels with oil tankers and the sea level rising. I hope that our federal government will connect the dots."

SANDBAGGING

City gets ready for king tides

Matt Kieltyka
Metro | Vancouver

The sandbags are up around Vancouver's beaches as the city prepares for king tides next week.

Mayor Gregor Robertson said the city now sandbags low-lying areas along the Spanish Banks twice a year — when tides are most intense and sea levels rise — since intense flooding in 2012 caused damage to homes in West Point Grey, damaged the seawall at Stanley Park and contaminated Kitsilano pool with salt water.

While king tides are naturally occurring and don't cause a problem most of the time, the risk of floods significantly increase when they coincide with heavy winds and rain.

"In 2012 we saw major flooding here at Locarno beach ... we saw lots of damage that year and since then we've taken efforts to make sure we're protecting our shoreline," said Robertson, as the last of 3,500 sandbags were put in place at Locarno beach on Tuesday. Jerry Dobrovolny, the city's general manager of engineering, said the $45,000 sandbagging operation is a temporary response until city council formulates a long-term plan to mitigate the impacts of climate change on rising sea levels.

"Climate change is real and it's affecting us on an annual basis," he said. "What was once a very rare, occasional event is becoming now a regular occurrence and that's why we've started to take a number of precautions related to climate change."

Dobrovolny urged residents to make sure drains on and near their property are clear of leaves, saying that clogged drainage caused most of the land-based flooding the city sees in the winter months.

Last week, city council indicated it was willing to move ahead with one project next year to raise a portion of NW Marine Drive by adding three inches of asphalt near the Sasamat intersection, which would replace the sandbagging done each year.

Long-term the city is looking into a $800-million sea gate to protect False Creek from rising sea levels and a network of potential dikes and levees.

"Effectively, billions of dollars will need to be spent to protect the coastline of the city and protect everything that is at risk of sea level rise," said Robertson.

WITH FILES FROM JEN ST. DENIS

EDUCATION

Trudeau comes to SFU with $45M for research building

Prime Minister Justin Trudeau has committed $45 million in federal funding for a new building at the Surrey, B.C., campus of Simon Fraser University to advance research and innovation in the energy sector.

The province matched the funding for a total of $90 million for a building that Trudeau said will be home to new degree programs in energy systems and environmental engineering.

Trudeau made the announcement at the university Tuesday, saying research at the five-storey centre will equip students with an education allowing them to contribute toward Canada's aim to be a world leader in research and innovation.

"The new building will also have specialized space and support for graduate students in the mechatronics program who are looking to commercialize their interdisciplinary engineering research," he said.

The program combines the fields of mechanical, electrical and software engineering with entrepreneurship and business.

B.C. Premier Christy Clark said the new programs will create more jobs in a province that is already leading the country with the most startups per capita.

Clark said extra funding from the university and private donors will amount to a total of nearly $120 million in investments for the new building.

"I firmly believe this: that every great city is anchored by a great university. SFU is a great university. Surrey is a great world city," she said.

The university said it is expected to open in the spring of 2018 and will build on SFU's research strengths in fuel cell technologies, alternative energy and big data analytics.

University president Andrew Petter said the building was designed by renowned Vancouver architect Bing Thom, who died last month.

THE CANADIAN PRESS

Prime Minister Justin Trudeau, right, poses for selfies with students at Simon Fraser University. DARRYL DYCK/THE CANADIAN PRESS

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Vets ban dog alteration

ANIMALS

Tail docking, other cosmetic surgeries no longer offered

Matt Kieltyka
Metro | Vancouver

Dogs can freely wag their intact tails without fear now that veterinarians have banned the practice of tail docking and other alterations in British Columbia.

According to the College of Veterinarians of British Columbia, its members voted overwhelmingly, 91.5 per cent, to ban the cosmetic procedure, which will also apply to horses and cattle.

Four Atlantic provinces and Quebec have already banned the practice.

"Veterinarians have an ethical responsibility to the animals they treat and tail docking goes against that responsibility," said the college's president, Brendan Matthews, in a statement released on Tuesday. "We ask other provinces to follow suit and for breed associations to recognize the changing times."

The ban enables the BC SPCA to investigate and recommend charges against any veterinarian performing tail docking procedures for cosmetic reasons.

The college said tail docking is only necessary for specific injuries and medical reasons, such as removing cancerous tissues.

It says there is no scientific evidence that tail alterations benefit the animal, as argued by some.

In fact, the opposite is true.

The College of Veterinarians of British Columbia voted to ban tail docking in dogs, horses and cattle. DAN KITWOOD/GETTY IMAGES

> **Veterinarians have an ethical responsibility to the animals they treat and tail docking goes against that responsibility.**
> Brendan Matthews

"There is strong evidence to support a detrimental effect on behaviour and communication, and risks of phantom pain and other serious complications with tail docking," according to materials provided by the college.

In some breeding circles, tail docking and ear cropping are done for dogs to boost their appeal cosmetically and better than chances to compete in shows.

The college said it has had long-standing concerns with the procedures in the dog breeding community.

CITY NEWS

Man dies of injuries after early-morning homicide

A man involved in an altercation in New Westminster has died of his injuries.

Police in the Metro Vancouver city say officers responded to a call from ambulance personnel just before 4 a.m., when they found and arrested a suspect.

Police say the evidence gathered so far suggests the homicide is not random. THE CANADIAN PRESS

Two blazes in vacant buildings suspicious

Two fires within a few hours in vacant buildings in Vancouver's Kerrisdale neighbourhood kept fire crews busy early Tuesday morning.

Residents of one building have been evacuated and are being sheltered at a nearby community centre.

A cause of both fires is under investigation, but fire officials at the scene are treating both as suspicious.

THE CANADIAN PRESS

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City housing starts lowest since 2011

REAL ESTATE

CMHC figures show drop-off in sales, too

Home construction is slowing down in British Columbia, with housing starts in Vancouver falling to their lowest level in more than five years, according to the latest data from Canada Mortgage and Housing Corp.

The federal housing agency reported Tuesday that the seasonally adjusted annual rate of housing starts in Vancouver fell to 12,023. The last time it was at that level was in March 2011, CMHC said.

In B.C., the annual pace of urban starts fell nearly 45 per cent to 25,517 in October, compared to 46,294 in September.

BMO economist Robert Kavcic said the drop could be the first sign that home builders are responding to softening demand in the province.

Real estate sales in the region have been falling sharply in recent months. In Vancouver, home sales plunged 38.8 per cent in October compared with a year ago, according to the Real Estate Board of Greater Vancouver.

Builders may also be putting off new projects as they wait to see what impact new government policies will have on demand, said Robyn Adamache, CMHC's principal market analyst for Vancouver.

In August, the B.C. government implemented a 15 per cent tax on foreigners buying homes in Metro Vancouver, while the federal government moved last month to tighten rules for mortgage lenders and foreign buyers in an effort to stabilize hot housing markets such as Toronto and Vancouver.

THE CANADIAN PRESS

Builders at work on Thursday. JONATHAN HAYWARD/THE CANADIAN PRESS

CHARGES

Fatal crash driver speeding: Police

David P. Ball
Metro | Vancouver

Ken Chung, the 35-year-old Audi driver who survived a fatal 2015 crash near Oakridge Centre, was speeding up Oak Street at 143 km/h, Vancouver police alleged Tuesday.

That speed was nearly three times the speed limit.

If Chung is convicted, the Richmond resident could spend up to 14 years in jail over the Nov. 14, 2015, crash on Oak Street.

Earlier this week, the Crown attorney approved charges of dangerous driving causing death.

The Vancouver Police Department alleged that Chung, who was treated for merely "minor wounds" after the deadly incident, was speeding northbound in the 50 km/h zone when his vehicle T-boned the car of the 68-year-old victim.

The victim, who has not been named, was turning left in the intersection of 41st Avenue and Oak Street.

It was 9 a.m. on a Saturday at the time of the collision, and he was mere blocks from arriving at his workplace, Oakridge Centre mall.

Police spokesman Sgt. Brian Montague said at the time that the crash was "horrific" for the victim's family — as well as for officers.

"Having to tell someone their husband, wife, father, mother, brother, sister, son or daughter has been killed in a crash is a horrific job police are doing far too often," he said in a 2015 statement.

"I can't imagine what it is like for the person who has to receive that knock at the door from our officers."

> **I can't imagine what it is like for the person who has to receive that knock at the door from our officers.**
> Vancouver police Sgt. Brian Montague

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A building that wears a sweater

Cornerstone Architecture principal Scott Kennedy, above, stands beside the ultra-efficient insulation that will surround a new Vancouver building like a "sweater" at the Passive House-certified project Tuesday. Below right, Doug Wilson, president of Peak Construction Group of Companies, discusses the building at 388 Skeena St. PHOTOS BY DAVID P. BALL/ METRO

CONSTRUCTION

Passive House aims to create lodgings with zero emissions

David P. Ball
Metro | Vancouver

Have you ever seen an apartment building wearing a sweater?

It's not as wild as it sounds, according to the Vancouver architect behind what will be the country's largest near-zero emissions building when it's finished.

The 85-unit, six-storey rental apartment building, located at East Hastings and Skeena streets, meets the European-pioneered Passive House standards, the highest environmental certification in the world.

"The first thing you do is put a really good sweater on the building," explained Cornerstone Architecture principal Scott Kennedy, "that keeps the cold out in the winter and keeps the cold in in the summer.

"It's what we call an 'envelope-first' building."

That translates into 80-per-cent-less energy use than conventional buildings, according to the Pembina Institute, and brings it in line with Vancouver's Zero Emissions Building Plan to cut new building emissions to zero by 2030.

Kennedy, who is also chairman of Passive House Canada, told visitors during a tour of the building site that the end-product will save on heating bills and greenhouse gases at the same time, thanks to thick insulation, extremely high-efficiency windows and a heat recovery ventilator (HRV) system which can keep 85 per cent of the building's heat from escaping.

According to Dylan Heerema, an analyst with the Pembina Institute — which released a report Tuesday on the progress of Passive House construction — in North America the number of housing units meeting the high energy standards has quadrupled in the past year alone, from 500 suites to more than 2,000, he said.

Fully one in four of those units, thanks to the new project, are in Vancouver.

"It's a path-breaking green building, and a blueprint for what's going to become the new normal in building construction," he told touring visitors Tuesday. "It's the most comprehensive standard on the market for buildings that are low-emissions, comfortable, healthy and affordable to heat.

"In less than 10 years … buildings like this one will be commonplace in Vancouver and beyond."

Doug Wilson, the president of the project's contractor and development partner Peak Construction Group, said learning how to build to the standard has "been interesting."

"From a construction perspective … I quickly started to realize this really is a very intelligent way of building a building like this," he said.

Meanwhile, in Pembina's new report, Accelerating Market Transformation for High-Performance Building Enclosures, the environmental organization argued that Vancouver has become a "hotbed" of green construction — but that federal policies need to shift to encourage even more buildings like this one.

BY THE NUMBERS

1 in 4

One-in-four Passive House units are in Vancouver.

2,000

The number of units that now meet the energy standards of Passive House, up from 500 in the last year.

85%

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Group crafts opportunities for adults with disabilities

COMMUNITY

Charity helps artisans sell handmade toys and ornaments

Wanyee Li
Metro | Vancouver

Jewels Pratt has been busy making sock octopuses for the past several weeks, in preparation for one of the busiest times of the year at Craftworks, a Vancouver charity that helps adults with disabilities sell handmade goods.

The people there helped her come out of her shell, she said.

"I think it has helped me a lot socially because I have social anxiety. I find it hard to trust people because there are a lot of people out there that are mean," said Pratt, who has bipolar disorder.

The charity offers participants classes on sewing and other skills and pays them a fair wage for the crafts they make.

Those items are then sold to children education programs or markets like the Circle Craft Winter Market, running now until Sunday.

Pratt is currently making sock octopuses for the Circle Craft market.

"Obviously getting a little bit of money helped and the feeling of being productive and knowing some kid is going to enjoy this toy is a great feeling," she told Metro.

Participants and volunteers work on projects that will eventually be sold through the charity, Craftworks. JOSHUA BERSON/CONTRIBUTED

> Knowing some kid is going to enjoy this toy is a great feeling.
> Jewels Pratt

A friend recommended Craftworks to her almost 10 years ago.

"I was quite depressed [...] and needing a job," said Pratt.

The charity gives people a chance with disabilities — physical and mental — to contribute in a way that fits with their needs, said executive director, Amanda Cairns.

She wants people to know buying a stocking, ornament, or toy from Craftworks has a big impact on the maker.

"Many of these individuals can at times barely leave the house or get out of bed and so just the realization that somebody would buy something that they made is actually very therapeutic," she said.

"We call it craft therapy."

The charity currently serves about 45 people, most with mental illnesses, according to Cairn.

Traditionally the organization helped people with physical disabilities but that has changed in recent years.

"Perhaps before, people living with mental illness were not as inclined to create community because they felt stigmatized," she said.

"Now, its more about being open about your disability and what you're challenged with and we're able to help more people that way."

Jewels Pratt, right, holds a sock monkey she made at Craftworks. CRAFTWORKS/CONTRIBUTED

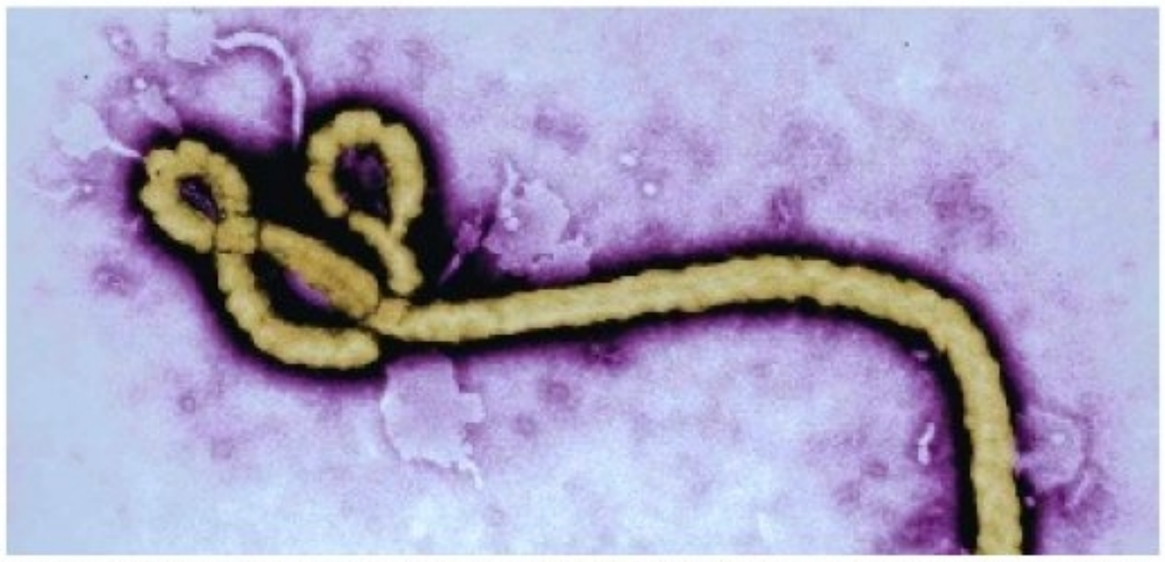
CHECK IT OUT

People who are interested in participating with the charity can ask their health-care provider for a referral or self-refer by calling Craftworks at 604-736-2113.

Exposure to Ebola feared in Winnipeg

DISEASE

Lab worker found a split in body suit, now in isolation



A colourized transmission electron micrograph (TEM) of an Ebola virus. A researcher at a secure lab facility may have been exposed to the virus, according to officials. AFP/GETTY IMAGES

An employee at the National Centre for Foreign Animal Disease may have been exposed to the Ebola virus.

Dr. John Copps says the employee was working with six infected pigs Monday and noticed a split in the seam of his protective suit during decontamination after working in the Level 4 lab in Winnipeg.

The lab director said all proper emergency procedures were followed and the risk to the employee, co-workers and the community is considered to be low.

"Our employees are well aware of the risks and how to control them," Copps said Tuesday.

Officials said there was no contact with other workers before the employee realized the risk of possible infection. The employee met with a doctor and was offered an experimental Ebola vaccine. Officials, citing privacy, wouldn't say whether he received the vaccine.

The employee is in isolation and will be monitored for 21 days by local health officials.

Copps said a pig had been given a drug called interferon and then infected with Ebola to see if the drug would affect the outcome of the disease.

All the pigs had been anesthetized and were being moved by the employee at the time, he said.

Ebola is spread through direct contact with the blood, sweat, vomit, feces, urine, saliva or semen of those infected or of corpses. The virus is not airborne. THE CANADIAN PRESS

REMEMBRANCE

Indigenous people honour war veterans

Indigenous people across Canada remembered ancestors and community members who fought and died in war as they marked National Aboriginal Veterans Day on Tuesday.

More than 12,000 indigenous people joined the Canadian military in the First and Second World Wars and Korea. More than 500 were killed and countless more were injured.

Veterans Affairs Minister Kent Hehr said more indigenous people served in those conflicts than any other ethnic group, as a percentage of total population.

Of the Canadian military's 95,000 full- and part-time service members, more than 2,500 are indigenous people.

Richard Blackwolf, president of the Canadian Aboriginal Veterans and Serving Members Association, says his group plans to ask the federal government to proclaim Nov. 8 as National Aboriginal Veterans Day. THE CANADIAN PRESS

IN BRIEF

Street collapses in core of Japanese city

Parts of a main street collapsed in Fukuoka, Japan, Tuesday, creating a sinkhole and cutting off power, water and gas to parts of the city. Officials fear further erosion inside the sinkhole could prompt nearby structures to collapse, so residents of nearby buildings were evacuated. No injuries were reported. THE ASSOCIATED PRESS

World body declares last five years hottest ever

In a report released Tuesday at international climate talks in Morocco, the World Meteorological Organization said 2011-2015 was the hottest five-year period on record. The agency said the report provides a better overview of warming trends and extreme events such as prolonged droughts. THE ASSOCIATED PRESS

CUBA VISIT

Trudeau to retrace father's steps

Prime Minister Justin Trudeau will retrace some of his father's most historic footsteps next week when he travels to Cuba and quite possibly meets an old family friend — retired Cuban leader Fidel Castro.

Officially, Trudeau will meet with Cuban President Raul Castro, who took over his country's leadership in 2008 from his brother, the leader of Cuba's communist revolution in 1959 and the decades-long antagonist to the United States.

Cuba's ambassador to Canada says there may also be an opportunity to visit with Fidel Castro too. "I think this question has been worked out, and there is a chance," ambassador Julio Garmendia Pena said in an interview Monday. "I'm sure Fidel would like to meet him, and it would be a great opportunity for him to say hello to a friend of his father." THE CANADIAN PRESS

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PHILOSOPHER CAT by Jason Logan

ARTIST'S TAKE BY ANI CASTILLO

Words of hope for America

This is the image Metro's cartoonist drew to sum up her feelings about the campaign. Here's what she had to say.

I did this cartoon thinking about what I believe the priority should be when choosing a government: People's well-being. Us humans should take care of each other. We should be fair. We should be together. The United States is the most influential country in the world, and whatever happens there will trickle down to the rest of the planet. That's why my wish for them is that hope and love can prevail, and that they stay strong and work hard on the creation of a happier country. That in turn will help create a happier and healthier world.

You had to see it to believe it

A visual tour of the strangest election in memory curated by **Metro photographer Eduardo Lima**

FBI director James Comey at the hearing where it was determined that Hillary Clinton would not be prosecuted for her email practices.

Trump's looming presence in Clinton's personal space was an indelible image from the second presidential debate.

Khizr Khan, the Muslim father of a fallen American soldier, offers to lend his copy of the American constitution to Trump.

This photo demonstrates the complex role of Latinos during the election, as well as the mainstreaming of conspiracy thinking.

In a widely mocked Twitter post, Donald Trump digs into a taco bowl from Trump Tower and proclaims, "I love Hispanics!" TWITTER

At the conventions, Michelle Obama made her mark as an orator and Melania Trump made a memorable pitch for her husband — allegedly plagiarized from Michelle Obama's words.

Chants of "Lock her up" and "Hillary for Prison" at Trump rallies alarmed political observers, as did Trump's promise to keep the public in suspense as to whether he would concede if he lost.

Violence against and amongst protesters became a shockingly common sight at rallies.

PHOTOS BY GETTY IMAGES

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Don't forget to schedule fun things — even just a walk in the park with friends. ISTOCK

5 tips for achieving work-life balance

If the term "sandwich generation" is all too familiar for you, then you know the challenge it can be juggling your interests with the demands of caring for both older parents and young children.

Achieve a balance between the personal and professional with these quick tips that'll have you acing that big project at work, making it to your kid's dance recital, and spending quality time with your parents.

Don't forget your health
When you're feeling stretched too thin, one of the first things you neglect is probably your health.

"This is a big mistake," says Suzane Andrade, registered nurse at EMD Serono. "Not only do proper sleep, nutrition, and exercise help you have enough energy, they also prevent you from being sidelined by illness." Andrade points out that keeping yourself healthy is also important for maintaining the health of aging parents and young children, who are more at risk of complications from colds and flu.

Use the latest apps
Let technology work for you. There's an app for whatever you need help with in work and life — whether that's managing a health condition, scheduling appointments, or grocery shopping.

Rethink basic errands
If you're the one shuffling aging parents to appointments, taking the kids to soccer practice, and picking up the groceries, consider how you can make your life easier.

Organize carpools for after-school activities and look into grocery delivery options — think outside the box for creative solutions.

Double down
Too many commitments? Pair items on your to-do list for maximum efficiency and down time for yourself. Date night with your partner could be cooking an interesting new meal at home (with plenty of leftovers for weekday lunches).

Plan fun weekend activities that your parents and kids can enjoy together.

Schedule time for non-work activities
Most people pay special attention to scheduling work tasks and meetings. Do the same with leisure activities.

Make appointments for fun, date night, and personal time like you would for a business meeting — you'll feel healthier and happier and be more productive at work by ensuring you can keep your appointment with the gym.

NEWSCANADA

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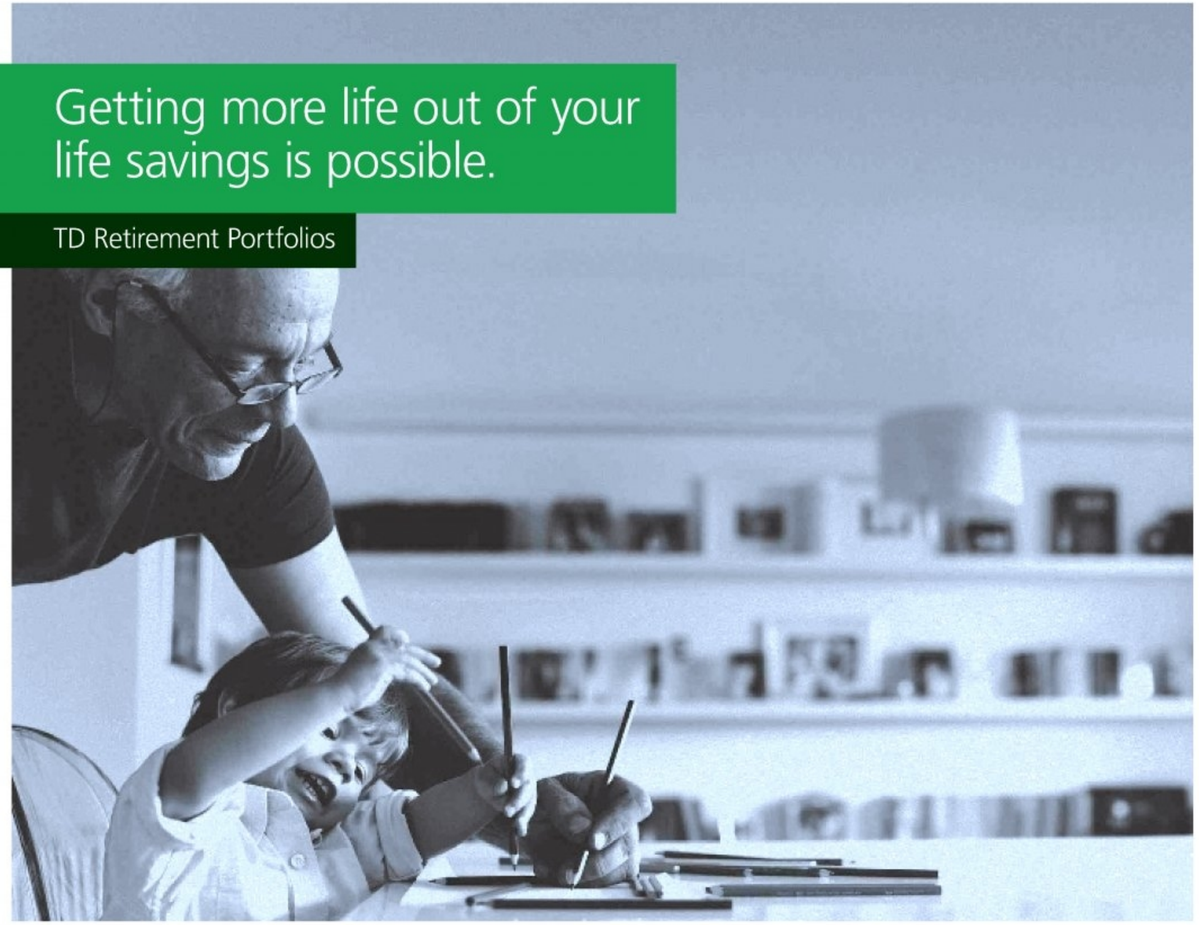

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How to get your kids to manage their finances

MONEY MATTERS

Help set your kids up for financial independence

If your kids are young adults attending postsecondary or starting their first foray into the working world and you're still doing their taxes and helping with finances, you're not alone.

Many parents (and kids) have trouble cutting the cord, especially when it comes to money matters. Fortunately, there are ways to help set them up for financial success and independence.

Make time for teaching
Don't discount this obvious tip — many parents neglect teaching the basics of personal finance because it's just easier to do it themselves, while kids are often too happy to remain blissfully ignorant.

Educate your children on how to make a monthly budget, calculate regular expenses and auto insurance. Teach by example, and break down how you do this with your own money. Ask a relative or friend to do this if you think it would be better coming from them.

Speak with a financial planner
A financial planner can help your young adult find the best place to keep their money, like a Tax-Free Savings Account or Registered Education Savings Plan if they're planning on further schooling.

Earn a bit of interest on your student loans by keeping the money in a high-interest savings account. It's also never too early to start planning for financial goals like paying off student loans and saving for bigger expenses like a first home down payment.

Master online banking together
Online banking is the perfect way for young adults to take control of their finances because they can do it from their laptops and smartphones, spaces they're already very comfortable with. Get them to take charge of their taxes by signing up for direct deposit for their income tax refund, GST/HST credit, and other tax-related payments.

It's the fastest, safest, and greenest way to get their payments. This way, if they decide to move or travel with their newfound economic freedom, they'll still have access to their money and you can forget about mailing them their payments.

Sign up for direct deposit by visiting your financial institution or go to directdeposit.gc.ca for more information.

NEWSCANADA

Online banking is the perfect way for young adults to take control of their finances. ISTOCK

metro LIFE

Your essential daily news

Wednesday, November 9, 2016

Green peanut oil, grown in the American South, is a new favourite among chefs, foodies

Prince Harry calls out racism

ROYAL FAMILY

Scrutiny of relationship compared to Princess Diana

Prince Harry condemned the media for subjecting girlfriend Meghan Markle to "a wave of abuse and harassment," issuing a highly unusual statement Tuesday that confirmed his relationship with the American actress and expressed concern for her safety.

Harry's office said that while the 32-year-old prince understood that there was significant curiosity about his private life, a line had been crossed in terms of media intrusion. Harry said the statement was issued in hopes media driving the story will "pause."

"Prince Harry is worried about Ms. Markle's safety and is deeply disappointed that he has not been able to protect her," said the statement from Kensington Palace. "It is not right that a few months into a relationship with him that Ms. Markle should be subjected to such a storm."

The 35-year-old Markle is best known for playing paralegal Rachel Zane in the TV legal drama Suits. She has also worked with the United Nations on gender equality and is a global ambassador for the charity World Vision Canada, travelling to Rwanda earlier this year to campaign for clean water.

Tabloids in Britain and beyond have jumped on the story and speculated about the relationship for weeks, with many commenting on her mixed-race heritage and contrasting her background with the prince's. The palace said the harassment has "been very public — the smear on the front page of a national newspaper; the racial undertones of comment pieces; and the outright sexism and racism of social media trolls and web article comments."

One Daily Mail headline called her a "saucy divorcee." Another described her ancestors as "a tailor, a teacher and a cleaner in racially-divided Jim Crow South — while his were ruling the British Empire." One Daily Mirror article linked Markle with an online pornography site, saying clips of her from Suits were featured on an adult site.

Harry said the commentators will say this is "the price she has to pay" and that "this is all part of the game."

Actress Meghan Markle AP

"This is not a game — it is her life and his."

Statement issued by Prince Harry's office

The palace said that Harry "strongly disagrees."

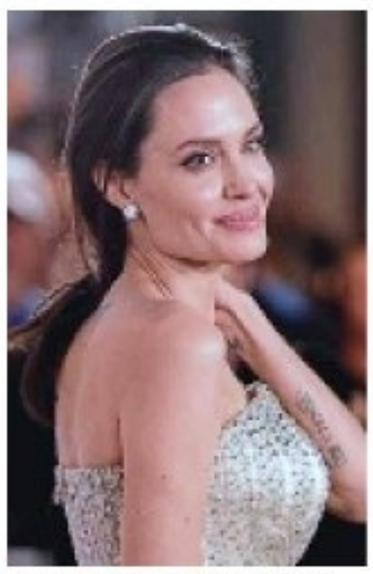
"This is not a game — it is her life and his," the statement said.

The scrutiny of the relationship drew immediate parallels to the media scrutiny of Harry's mother, the late Princess Diana, who died in a 1997 car accident while being pursued by paparazzi. It also invited comparisons to the early revelations that Kate Middleton was dating Prince William. That relationship was also the subject of relentless media attention.

But choosing to tackle the issue directly is unusual for the palace, which initially declined comment to reports in the Sunday Express newspaper on the relationship, as per its usual policy of refraining from discussions on the personal lives of the royal family.

"It's a very unusual step, I can't think of a precedent for it in recent years," said Joe Little, managing editor of Majesty magazine. "Some would regard this is something he should put up with, but that's not in his nature." THE ASSOCIATED PRESS

Prince Harry issued an official statement Tuesday stating his concern for his girlfriend, Meghan Markle, after she experienced "a wave of abuse and harassment." THE ASSOCIATED PRESS



Angelina Jolie Pitt has sole custody of six kids. AP

DIVORCE

Pitt-Jolie children will remain in actress's care

Angelina Jolie Pitt will continue to have sole custody of her six children with Brad Pitt in a joint agreement reached by the actors, a representative for the actress said Monday.

The voluntary agreement calls for the former couple's six children, who range in ages from eight to 15, to continue to have "therapeutic visits" with Pitt for the time being. It is unclear what therapeutic visits entailed, and Jolie Pitt's representatives could not provide additional details.

A representative for Pitt declined comment.

Monday's statement said the agreement was reached more than a week ago, although Pitt told a court on Friday that he is seeking joint custody.

Jolie Pitt filed for divorce in September, days after Pitt was involved in a disturbance during a private flight with his family. She cited irreconcilable differences as the reason for the breakup, and an attorney said at the time she filed for divorce "for the health of the family."

The agreement has not been filed in the couple's divorce, and may not be the final custody arrangement governing the actors' children.

Pitt and Jolie Pitt reached a temporary custody agreement in late September that included at least some of the same terms — visitation with his children and both sides agreeing to meetings with therapists.

"We believe that all sides are committed to healing the family and ask for your consideration during this difficult time," Monday's statement said.

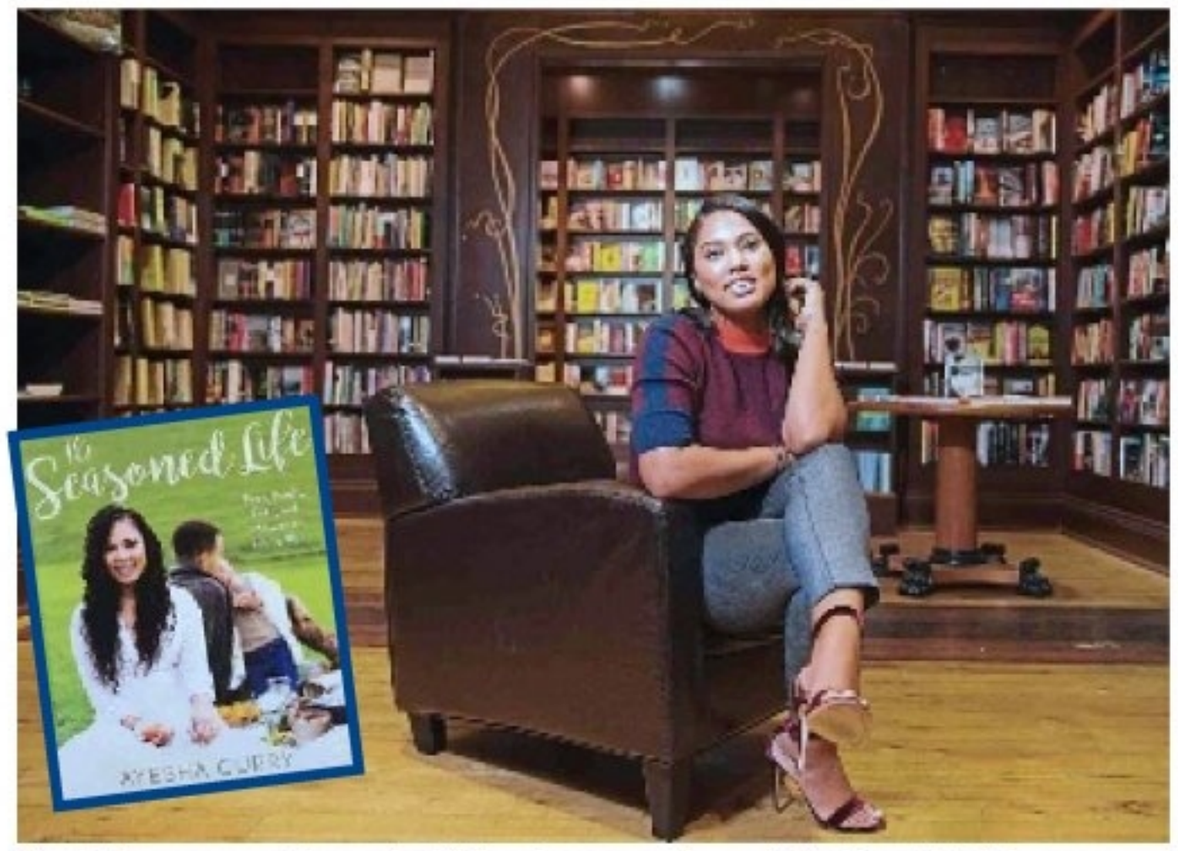
The actor filed a legal response to the divorce on Friday and sought joint custody of the children. Formal custody arrangements are included in a couple's divorce judgment, although they are rarely made public in celebrity divorce cases.

Pitt's filing did not include any new details about the couple's breakup. Pitt cited irreconcilable differences and makes no mention of a prenuptial agreement that will govern how the pair divides their assets. He also cites Sept. 15 as the day of their separation, one day after the alleged plane altercation between Pitt and his 15-year-old son, Maddox.

Pitt was accused of being abusive toward the teenager, sources told The Associated Press, but authorities were not notified when the plane landed in Minnesota. Several sources said the incident was being investigated by the Los Angeles County Department of Children and Family Services, but the agency said it could not confirm whether it was involved.

THE ASSOCIATED PRESS

Ayesha Curry is an all-star in the kitchen



Ayesha Curry recounts her early childhood years growing up in Markham, Ont. in her new cookbook, The Seasoned Life. MICHELLE SIU/THE CANADIAN PRESS

COOKBOOK

NBA husband has come a long way as a cook, Curry says

Ayesha Curry and her NBA superstar husband Stephen Curry call California home, but her exposure to ethnically diverse foods while growing up in Canada helped fuel her lifelong love of cooking.

In her new cookbook, The Seasoned Life (Little, Brown and Company), Curry recounts her early childhood years in Markham, Ont., just north of Toronto, where she would watch her babysitter make Trinidadian curry and roti for clients in her mom's basement salon.

As a child of Jamaican, Chinese, Polish and African-American heritage — referred to as "The United Nations" by her classmates — Curry felt right at home with the expansive array of culinary options on her doorstep, including neighbourhood eateries featuring Indian, Ethiopian and Greek cuisines.

"I lived here until I was 14 years old, and then moved to North Carolina, and that was a big culture shock for me," she said in a recent interview at a downtown Toronto bookstore.

"I was just starting high school, and the lifestyle is very, very different there, so I was able to see different worlds. But growing up here, it's such a melting pot of people and culture and food, and even the style of how food is made here is different. I feel like having both worlds let me see the difference and let me see what I wanted to pick and choose from each place."

The mash-up of culinary influences is threaded throughout The Seasoned Life. In addition to light-hearted stories and photos, the book showcases recipes influenced by Curry's cultural upbringing, from her Jamaican grandmother's escovitch fish dish with sweet and sour sauce, to a twist on chicken soup featuring fried dumplings.

The Seasoned Life also features a five-ingredient pasta recipe including bell peppers and pancetta from Curry's husband Stephen, the reigning NBA MVP and star point guard for the Golden State Warriors. (Curry made waves Tuesday night when he dropped 13 three-pointers against the New Orleans Pelicans, finishing the game with 46 points. He also owns the record for most threes in a single season, having dropped 402 treys last season). While Stephen is much more adventurous now in his culinary choices, he has had a few kitchen misadventures.

She shares a few fun anecdotes about the basketball star, including trying to pass off store-bought chai lattes as homemade, and serving her over-salted Cream of Wheat with a burned bagel and eggs scrambled to a crisp.

"I don't want to give him too much credit, but he can cook a nice meal these days, which is awesome," said Curry, adding that he has prepared the steak dish and bananas Foster dessert recipe from her book.

"Just as a matter of broadening his palate, he's surpassed that. He'll try anything and it's really cool that he's done that. He's definitely done it for me, because if it was up to him, I don't think he would have had anything other than, like, pizza and chicken Parmesan."

Curry is a big advocate of meal prep, and does so with her athlete husband in mind when whipping up a quick dish.

"I'll do a super-grain in there, I'll do some sort of potato whether it's a white potato, a sweet potato or some sort of other veggie, and some grilled chicken or a lean fish," she said.

"Put everything on a roasting pan and put everything into the oven. It's one of those 'set it and forget it' type of things."

The Currys are parents to daughters Riley, 4, and one-year-old Ryan. Ayesha devotes a chapter to "cooking with the littles" where she shares kid-friendly recipes and includes tips on how to encourage youngsters to be involved in food preparation. She recalled doing the same as a young girl helping her parents and grandmother as they cooked.

"Taking a cup of flour and putting it into a bowl with them or for them gave me that little bit of confidence — even though I wasn't really doing much. And I feel like it's something you take with you into adulthood.

"I feel like if you instil it in from a young age, you can shape and mould your child to grow up with that love of food or that sense of independence to be able to want to tackle making themselves a meal." THE CANADIAN PRESS

BIG INFO

It's really that big.

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ROSE REISMAN THE SAVVY EATER

THIS WEEK: Have your cake and eat it too, just not of the Red Velvet variety.

When you need to hit that sweet spot, skip the layered cake and opt for the chocolate chip muffin instead.

PICK THIS

Metro Grocery Store Brand Chocolate Chip Muffin

Calories 350
Fat 14g
Sugar 27g

SKIP THIS

Metro Grocery Store Brand Red Velvet Cake

Calories 710
Fat 38g
Sugar 68g

HERE'S WHY

Equivalent to: 34 Old Fashion Plain Timbits in sugar

Red velvet has made a big comeback. The dramatic red colour of store-bought cakes and cupcakes comes from food colouring, and they're topped with cream cheese frosting. The large amount of oil, eggs, butter and cream cheese make this a delicious indulgence, but also a nutritional disaster. This slice of cake contains half your daily calories and fat, as well as the equivalent of 17 tsp of sugar! Believe it or not, a chocolate chip muffin has over half the calories, fat and sugar.

FOOD LEGALITY

Ceviche seller claims it's 'sharing economy'

A California single mom could go to jail for selling ceviche on Facebook . MARIZA RUELAS' GOFUNDME PAGE

A defence attorney in California says his client doesn't deserve criminal charges for taking orders through Facebook to sell homemade ceviche.

San Joaquin County Deputy Public Defender Benjamin Hall said Monday that his client is part of a new, shared economy that's evolving through social media.

Prosecutors say Stockton resident Mariza Ruelas — a single mother of six — could spend up to one year in jail for using a Facebook forum to sell specialty dishes.

Hall said his client used a hobby to create community and bring people together around food.

Kelly Daniel of the local prosecutor's office, however, says Ruelas' enterprise was more than a hobby.

Daniel says she lacked the proper business license and health inspections that protect people from serious illness and even death. Prosecutors offered Ruelas 80 hours of community service to settle the case — which she's refused.

The mother of six children says on a gofundme website she created that she never dreamed a weekend hobby with her daughters could turn out so badly.

Ruelas and her public defender could not be immediately reached by for comment.

THE ASSOCIATED PRESS

LIQUID ASSETS

Brand ambassador spreading word and wine

When it comes to listing dream jobs, being a brand ambassador for a winery is close to the top. Who wouldn't want to travel the globe hosting tastings and talking up the juice?

Rocio Osborne lives that kind of life. A sixth-generation member of Spain's Osborne vino dynasty, her passport gets more use than a corkscrew at a wine bar. Over dinner last week Rocio shared stories of her family's long history and how they turned Rioja's Bodegas Montecillo, a winery acquired more than 40 years ago, into one of the wine world's most recognized brands.

The 2011 Crianza ($13.10-$17.99) is made with 90 per cent Tempranillo aged in oak barrels for 18 months. Its balanced, jammy red fruit is incredibly food-friendly, making it a wine to keep in mind for holiday meal pairing. *Prices reflect range across the country. May not be available in all provinces.*

SOME CHINESE CANADIAN SOLDIERS RECEIVED SPECIAL TREATS. OPIUM AND CYANIDE CAPSULES.

During WWII, some Chinese Canadian soldiers dropped behind enemy lines were given two capsules: one filled with opium they could use for trading or bribes; the other filled with cyanide in case they got captured. Their officers told them it was better to commit suicide than to be taken alive by the Japanese. If you have an appetite for more stories like this, visit our museum inside the Chinese Cultural Centre, 2nd floor, 555 Columbia Street, Vancouver. www.ccmms.ca

CHINESE CANADIAN MILITARY MUSEUM

NO TANKS. NO GUNS. JUST STORIES.

Maple Glazed Ribs extend BBQ season

CULINARY COMPETITION

A recipe by the Quebec team competing in food Olympics

Starting today, Team Canada heads down to Orange Beach, Ala. to compete in the World Food Championships — the Olympics of the culinary world — for a high-stakes showdown.

Representing Eastern Canada is Team Skara Old School BBQ, including pitmasters Manny Mavroudis and Dave Wharry, who provided the recipe we are printing here.

"If you don't have a smoker you can make these on a gas grill using the 'indirect' method, which means basically put two burners on low and turn off the middle burner," said Wharry.

With unseasonably warm weather across the country, extend barbecue season with this nod to Quebecois tradition.

METRO

Team Skara Old School from Quebec will compete at the World Food Championships with these ribs. CONTRIBUTED

Quebec Maple Glazed Ribs

Ingredients:

- 2 Racks Baby back ribs
- 1/4 cup of your favourite rub
- 1 Tbs Brown Sugar
- 1 Tbs Maple syrup

Directions:

1. Remove membrane
2. Prepare smoker, set to 250 F
3. Add 3 chunks Quebec Apple wood
4. Place on smoker 2 hours (spraying with water every 45 minutes)
5. After 2 hours place on foil, add 1 Tbs brown sugar, 1 Tbs maple syrup, and wrap
6. Return to smoker for another 2 hours
7. Remove from foil
8. Return to smoker for 1 hour
9. Brush with BBQ Sauce the last 10 minutes of the cook

'I TRIED IT'

Up-marché Pockets lack nuance

Ariel Teplitsky
Torstar News Service

McCain Foods momentarily shocked and scandalized the nation this summer when rumour spread that its beloved Pizza Pockets were being discontinued. Memories of late-night college cravings, of cringe-worthy '90s commercials, of cheap, piping hot puffs of goo-filled microwaved dough were on the verge of being scraped into the green bin of history.

Alas, the alarm was premature. McCain's frozen balls of adolescent joy weren't going extinct. They were going upmarket — up-marché, rather — dressing their best and standing on their tippy toes.

Relaunched this fall as part of its new line of stuffed pastries, Pizza Pockets seem to want to be taken more seriously, to reach an older crowd with deeper, um, pockets (pockets full of nostalgia, surely). Check out the country-kitchen aesthetic on the new packaging. Behold the pocket's oblong shape, with three parallel grooves — from a chef's blade, presumably — across the top, like a miniature baguette. This is some fine-looking snack food.

McCain targets an older crowd with new Pizza Pockets. TORSTAR NEWS SERVICE

But what anyone who has bought these before will notice most of all is that the box, still roughly the same size as before, now contains only two pockets instead of four. And while the buns are a bit bigger, the total weight of one box is just 260 grams, down from 400. Consumers are paying a similar price (about $4 a box) for considerably less food.

But are the pockets better than before? McCain assures us the recipe is unchanged, despite those baker-ly flourishes.

Now many years removed from my college days, I haven't had an excuse to warm up a pizza pocket in a long time, but the taste is a more recent memory for several members of our panel.

I took a bite of a "deluxe" pocket, expecting it to ooze deliciously like it does in the picture. The dough is nice and soft, but the inside is a rather mushy mound of salt and fat. It tastes pizza-esque, with the basics of cheese, pepperoni and tomato sauce, perhaps garlic, but in your mouth it's hard to differentiate the flavours. I could tell there was cheese in my "deluxe" pie because it stuck to my teeth, but I had to read the ingredients to learn there were also mushrooms and green and red peppers.

Still, lack of nuance is unlikely to deter today's youth from eating these. What might scare them off is the price — or if they happen to come across those '90s-era TV ads on YouTube. They are just as embarrassing as you remember.

Would I eat it again? I won't avoid them. But unless I start aging backwards and return to high school, it seems unlikely.

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Have your eyes checked by an optometrist annually.

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fraserhealth.ca/fallsprevention

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We offer all solutions to your problem. You don't have to be bald.

Bring on the 'Citrus of the North'

RECIPE

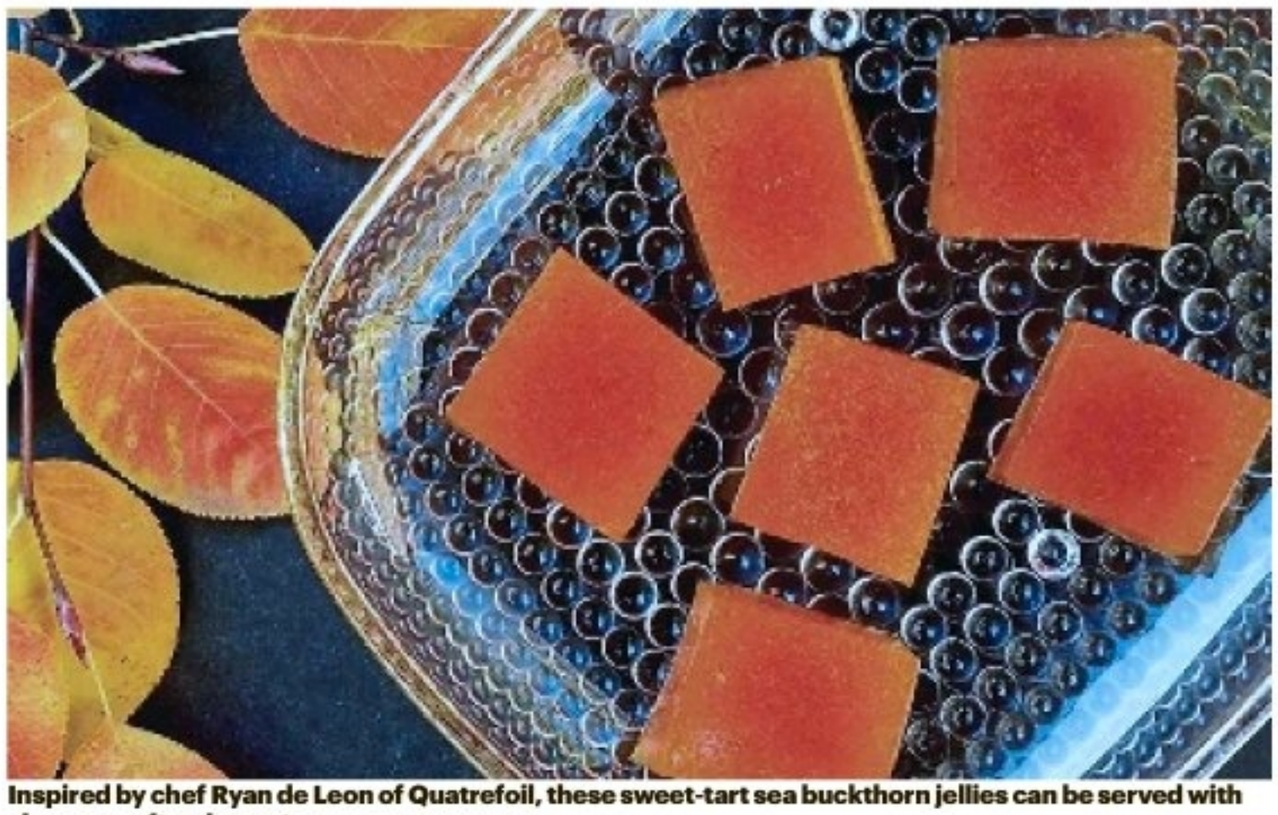
Sea buckthorn berries packed with loads of vitamins and antioxidants

Whether harvested in Siberia or Teesdale, Ontario, sea buckthorn berries pack a powerful punch.

"It's like grapefruit on steroids," says Paul Sawtell, whose 100km Foods distributes the glowing orange berries to a growing number of chefs.

"They're super unique and available frozen year-round," says Sawtell, whose sales have jumped from $550 to $10,000 in three years.

The "Citrus of the North" is off the charts in Vitamins A and C (eat just eight berries a day!) and rich in antioxidants and Omega fatty acids.



Inspired by chef Ryan de Leon of Quatrefoil, these sweet-tart sea buckthorn jellies can be served with cheese or after dessert. TOSTAR NEWS SERVICE

Buy & Store

- Look for frozen sea buckthorn berries at stores that cater to Eastern Europeans.
- Quebec distributor Atelier No16 (atelierno16.com) ships 2-kg bags of frozen berries from Ferme les Petites Ecores, which also makes a scrumptious sea buckthorn-apple butter.
- Natural food stores carry sea buckthorn capsules, juice and cosmetics.
- If using as a garnish, keep berries frozen until just before use as they soften quickly.

Prep

- This super-tart berry requires sweetening. Think honey, maple syrup or loads of white sugar.
- The hard flat seeds can also be a problem. You hardly notice them in the whole berries, but if using in jam or sauces it's best to strain them out and discard.
- After juicing the berries, chef Sandra Rae dries and grinds the pulp for

meatballs, granola, quick breads and muffins.

Serve

- Use sea buckthorn berries instead of lemon in marinades and vinaigrettes.

Add pectin to make jams and jellies.

- To tame their tartness, preserve whole berries in honey or maple syrup and spoon over yogurt and granola.
- The berries pair well with duck, pork, chicken and fish.
- Rae marinates salmon for an hour in crushed berries, bakes the fish and finishes it with a maple-butter glaze and a few whole berries.
- Hibiscus Café in Kensington Market makes a very popular sea buckthorn ice cream.
- For smoothies, drop 1/4 cup (60 mL) stemmed whole berries into the blender with 1/4 cup (60 mL) water and buzz to break up seeds before adding remaining ingredients.

SEA BUCKTHORN JELLIES

Inspired by chef Ryan de Leon of Quatrefoil, these sweet-tart jellies can be served with cheese or after dessert.

2 cups (500 mL) sea buckthorn berries, fresh or frozen
1 cup (250 mL) water
1 1/2 cups (375 mL) granulated sugar
1/4 cup (60 mL) unsweetened applesauce
2 tbsp (30 mL) or 2 packets powdered gelatin

Directions

- Line an 8x8-inch (20x20 cm) cake pan with plastic wrap and spray lightly with cooking spray.
- Place berries and water in a heavy saucepan. Bring to a boil, reduce heat to low and simmer about 15 minutes, until soft.
- Transfer berry mixture to a fine sieve placed over a bowl. Press down on the pulp and seeds with a wooden spoon to release the juice. You should have about 1 cup (250 mL) thick juice. Discard pulp.
- Pour juice into the saucepan. Stir in sugar and applesauce. Cook on low heat about 10 minutes, stirring, until sugar melts. Remove from heat.
- Meanwhile, in a small bowl, sprinkle gelatin over ½ cup (125 mL) water. Let sit 5 minutes, until soft. Whisk into warm juice mixture then pour into prepared pan. Refrigerate three hours or overnight, until firm. Cut into cubes and serve immediately. Refrigerate leftovers. Makes 6 servings.

TOSTAR NEWS SERVICE

"A VERY HUMAN DRAMA." San Francisco Chronicle
"A STATELY SUCCESS." VANITY FAIR

Halifax's North End blossoming with foodies

Edna, located at 2053 Gottingen St., is a hip brunch destination in Halifax's North End. THE CANADIAN PRESS

CULTURE

'Homey' sense of community attracts young enterprises

It began a few years ago: One by one, sophisticated, ambitious eateries popped up in Halifax's historic North End.

Restaurants like Edna, Field Guide and the Agricola Street Brasserie emphasized the local — both in their dishes and their relationships — and with them came microbreweries, cafés and other foodie enterprises.

Suddenly, the North End was one of the region's most vibrant food destinations.

"There's a community here," said 36-year-old Ludovic Eveno, co-owner and chef of the award-winning Agricola Street Brasserie, which opened three years ago.

"The businesses around us, like the breweries, we carry their products. So it's a win-win for everybody and it creates this unique community that's very dynamic."

The area, just north of downtown, is typical of gentrifying urban neighbourhoods: Musicians, young professionals and university students share the neighbourhood with low income families. Trendy Gottingen Street eateries like Ratinaud, an artisanal charcuterie, are neighbours with the Salvation Army and a methadone clinic.

It's the area's affordability and sense of community that has attracted young entrepreneurs.

"The food community has been gathering here," said Patricia Cuttell, executive director of the North End Business Association.

"If you look at all the restaurants in the North End, there are some commonalities — the appreciation for seasonal food, the appreciation for local sourcing of food and for providing different kinds of dining experiences."

"The North End, as a whole, holds certain values such as an appreciation for community and an appreciation for local. It aligns with the philosophy's of the restaurants."

In a city where tourists are otherwise mostly offered seafood and nautical souvenirs, Cory Urquhart, co-owner of EnVie on Charles Street, said the district is somewhere to get a sense of real life in Halifax's North End.

"It doesn't seem quite as touristy," said 31-year-old Urquhart, who lives a block away from his restaurant and spends virtually all his time in the area. "It's different from the downtown scene because it has more of a homey feel. It's one big community. Everybody knows everybody, and we all work together to make sure everyone is successful."

Bicycles can often be found parked outside of EnVie — an airy dining space that opened in 2013. Although it's a vegan restaurant, Urquhart said 75 per cent of his customers are not vegan. Menu options include ravioli stuffed with roasted kabocha squash in a dill coconut cream sauce and panko-crushed king oyster mushroom cutlets tossed in a house-made buffalo sauce.

Next door at Lion and Bright — a café-bar hybrid — young professionals can be seen sipping coffee or local craft beers in front of laptops on rustic countertops that are juxtaposed with industrial lighting and exposed pipe. In the evening, staff crank up the music and customers sit on stools at the bar, or gather around long tables, ordering drinks.

Adjacent to Lion and Bright is the Agricola Street Brasserie, which recently won Taste of Nova Scotia's restaurant of the year award. The high ceilings and intricate shelving at the bar serve as the centrepiece of a restaurant that would be at home on Toronto's Ossington stretch.

The district even drew one popular restaurant away from downtown. The Foggy Goggle, tired of disruptive construction of a massive new conference centre, announced last month it is moving to a stretch of Gottingen, the North End's 250-year-old main drag, that also includes several other destination eateries.

Restaurants aren't the only food-related businesses that have opened in the North End. There's also Local Source Market, which offers fresh local products and catering; the just-opened LF Bakery, which has the city's best baguettes; and breweries including North Brewing Company and Unfiltered Brewing.

"It appeals to a lot of people who call the North End home and it's attracting people from all over the city. Now visitors to Halifax are coming to the North End to experience food," said Cuttell.

IF YOU GO...

The Agricola Street Brasserie, located at 2540 Agricola St., and is open for happy hour daily from 4 p.m. to 6 p.m. except on Sundays when it is closed. Dinner is served from 5:30 p.m. to 10 p.m.

EnVie — A Vegan Kitchen, located at 5775 Charles St., and is open Tuesday to Friday from 11 a.m. to 9 p.m., and on Saturday and Sunday from 10 a.m. to 10 p.m.

Lion and Bright, located at 2534 Agricola St., is open daily from 7 a.m. to 1 a.m., except for Monday when it closes at 5 p.m. The bistro bar stays open until 2 a.m. on Friday and Saturday.

Edna, located at 2053 Gottingen St., is open for dinner Tuesday, Wednesday, Thursday and Sunday from 5 p.m. to 10 p.m. On Friday and Saturday dinner is served from 5 p.m. to 11 p.m.

THE CANADIAN PRESS

Amy Adams no longer plays the princess role

INTERVIEW

Actress veers away from innocence in latest films

For a time, Amy Adams, a former chorus girl from Colorado, was known for her princesses and country girls: sweet and sunny characters that helped make Adams a star.

"I call them the innocents —like Picasso, my 'innocent period,'" Adams says, chuckling. "But the naivety or anything that I brought to a role, I didn't feel trapped by it. I thought each of them saw the world in a different way. I was perplexed that people saw me in that way but I understood it. I didn't know when or how that would change, but I knew it needed to in order for me to evolve as an actress."

That evolution has been going on for some time, from the forceful restraint of her performances in Doubt and The Master to more unbridled outings in a pair of David O. Russell films, The Fighter and American Hustle. At 42, she is already a five-time Oscar nominee. But this fall, in a pair of intelligent, layered performances, Adams' expanding range and growing complexity has never been more on view.

In Denis Villeneuve's Arrival, she stars as a linguist tasked by the government with communicating with newly landed aliens whose sleek, orb-like ships are mysteriously hovering just off the ground. The movie, which opens Friday, is thick with a Close Encounters of the Third Kind atmosphere and resonant — through Adams' performance — with deeper emotions than your average sci-fi film.

Adams also stars in Tom Ford's Nocturnal Animals (out Nov. 18), as a Manhattan gallerist trapped in an unhappy marriage. When a novel written by her first husband (Jake Gyllenhaal) arrives, she's teleported into a fictional world. The book's story, a bloody thriller, is heavy with personal subtext.

"Both of these characters come to a crossroads and I feel like I'm at a bit of a crossroads," Adams reflected in an interview in September at the Toronto International Film Festival, where both films played.

Amy Adams, who plays a linguist in Arrival, says as a mom in her 40s she's at a crossroads. The film, which has a significant motherhood context, helped her with this internal shift. CONTRIBUTED

"It's being a mom and entering my 40s and looking at things in a different way, a way that has been really awesome," Adams said of her shift. "I feel really happy about the changes that have happened internally. I feel like these films helped that happen."

But those changes, she says, are mostly about finding a balance between her career and her family life. She and husband Darren Le Gallo have a six-year-old daughter. Though spelling out the connection would give too much away, motherhood was an especially powerful influence on Arrival. Adams agreed to do the film within 24 hours of being sent the script.

"Every time I start talking about my daughter in relationship to Arrival, it goes straight to tears," says Adams. "My husband saw the film before I did and he couldn't talk to me for a while."

Adams' range as an actress is a sneaky kind. There are no tortured transformations. She simply keeps showing up, inhabiting a character with warmth and smarts while, to varying degrees, remaining herself.

Working with her acting coach, Warner Loughlin, Adams builds the essence of a character in advance of shooting so that she can be free and reactive on set. That was especially necessary in both Arrival and Nocturnal Animals because both films call on her to express much without speaking. In the latter, she's often just reading.

"I have to be active and I have to drive a sort of emotional core through the movie," says Adams, "but yet I'm very much reactive at the same time. In Nocturnal Animals, I was alone a lot."

Villeneuve, director of Sicario and Prisoners, says he needed a strong actress who could emote while acting against a tennis ball.

"I knew that the movie would be on her shoulders," says Villeneuve. "I wanted someone who you could read what she was going through without words. The movie is Amy Adams, to me."

THE CANADIAN PRESS

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Chevrolet Colorado ZH2 revealed at SEMA 2016 in Las Vegas

A graceful, drama-free ride

REVIEW

Refreshed Pathfinder is comfy, easy

Jodi Lai
AutoGuide.com

The most important remark I heard when driving people around in the Nissan Pathfinder was, "Wow, this is comfortable."

People who remember Nissan Pathfinders from back in the day remember the truck-based-SUV that, while capable off-road, was a brute and not at all easy to drive anywhere civilized. This 2017 Nissan Pathfinder, which has just been refreshed, is still built on a unibody platform, something it looks like the SUV will do for the foreseeable future.

Why will Nissan stick to unibody? Because no one actually takes their Pathfinder off-road anymore — this is a crossover aimed at families who need space and a bit of capability, not a military-grade tank. During my time with the seven-seat Pathfinder, I used it to take a day trip into wine country, visit an outlet mall, ferry around my parents, pick up some pumpkins, and take a few bags of clothing to a donation depot. The worst conditions it saw was a gravel road.

But that's not to say the Pathfinder has gone completely soft. Although there is no option to lock the car in lower gears, the Pathfinder should be able to easily handle most eventualities like a snow storm, dirt trail to the cottage, or drive across a field to get a Christmas tree.

Through a three-mode drive selector on the center console, you can choose to drive only the front wheels for maximum fuel efficiency, you can let the car decide where the power is needed in auto mode, or you can lock the rear differential for more challenging conditions.

The SUV also has a hill descent mode, which is like cruise control for driving down steep hills. It keeps the car at a crawling speed so if you are off-roading, you don't have to modulate the brakes or throttle; all you'd have to take care of is steering and making sure your wheels are pointed where you want to go.

The most standout aspect is how comfortable it is and how easy it is to drive in an urban environment.

I had no difficulty navigating the three-row SUV around condo parking garages, with the steering light enough at slow speeds to make tight turns effortless. A top-down 360-degree overhead view is displayed on screen when reversing or can be turned on at parking lot speeds, which makes things a lot easier. Even parallel parking was effortless because of that camera.

Sitting in the cushy driver's seat, you have a commanding view of the road, even with the thick A-pillar making for a pretty big blind spot. Rearward blind spots are not a huge issue, as blind-spot monitoring and large windows and side mirrors help alleviate the stress of driving such a large vehicle.

THE CHECKLIST | 2017 NISSAN PATHFINDER

THE BASICS

Engine: 3.5L V6
Power: 284 hp and 259 lb-ft of torque
Transmission: CVT
Fuel Economy (L/100 km): 12.1 city, 8.9 hwy, 10.5 combined
Price: Starts at $32,498, $48,398 for top trim

LOVE IT
- Comfortable drive
- User-friendly
- Huge cargo capacity

LEAVE IT
- Brakes could be better

AUDI

A5, S5 Cabriolet debut with fancy soft-tops

Sebastien Bell
Autoguide.com

The top has finally come off Audi's new A5 with the premiere of the Cabriolet. The new convertible promises more space, less noise, and, like its hardtop brethren, more power and efficiency.

Thanks to a new chassis designed to be lighter and stronger, the new A5 Cabriolet is 40 per cent stiffer than the outgoing model and more than 40 kilograms lighter, weighing in at 1,690 kgs.

Despite that, comfort and safety haven't been sacrificed. The head-thorax airbags will keep your melon in one piece in the event of a rollover, and extending aluminum profiles offer further protection, in addition to safety features like collision avoidance, turn assist, park assist, rear cross-traffic assist, and exit warning.

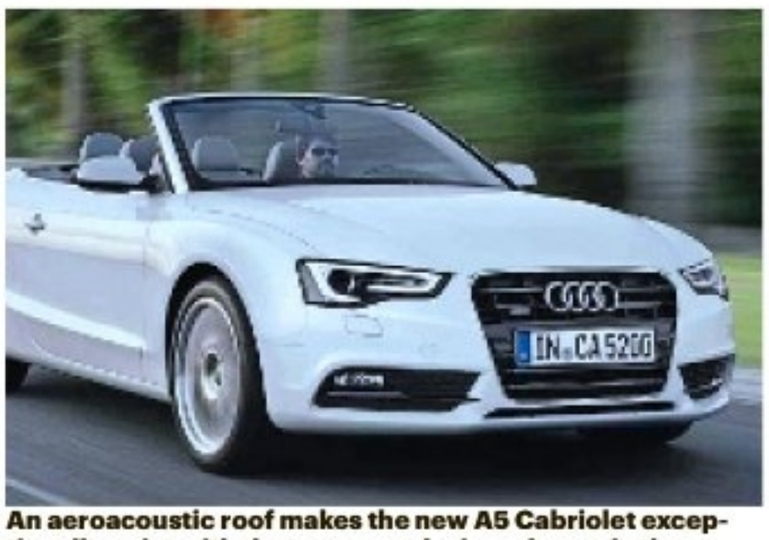
The A5 Cabriolet is also more than five centimetres longer than its predecessor, so passengers get more space inside to the tune of an extra 2.5 centimetres of shoulder space and nearly as much extra knee room.

The real improvements to comfort are audible, though. An aeroacoustic roof makes the new A5 Cabriolet exceptionally quiet with the top up, and microphones in the seatbelts mean that you can make hands-free calls even with the roof down.

Getting the roof down takes one touch of a button and just 15 seconds. It can be done at speeds of up to 50 km/h. Same goes for getting the roof back up, though that takes an extra three seconds.

The new A5 Cabriolet will initially be offered in Germany with three engines: the 2.0-litre TFSI four-cylinder with 252 hp, a 2.0L TDI with 190 hp, and a 3.0L TDI with 218 hp. After that, another 2.0L TFSI with 190 hp and a 3.0L TDI with 286 hp will join the lineup. It's likely that the diesel options won't make it to North America.

The S5 Cabriolet, meanwhile, will come with the new 3.0-litre TFSI turbocharged V6 that produces 354 hp, 21 more than the outgoing model.



An aeroacoustic roof makes the new A5 Cabriolet exceptionally quiet with the top up, and microphones in the seatbelts mean that you can make hands-free calls even with the roof down. HANDOUT

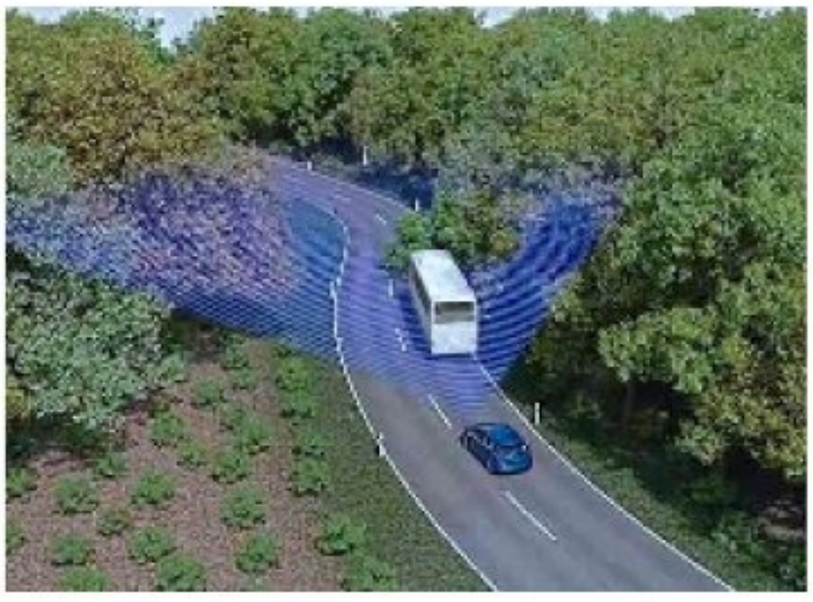
Tesla's new transparent feature

FORD

New safety tech to help you swerve

Ford has announced its next-generation safety systems which are expected to be available within the next two years. The American automaker wants to help drivers by letting them know when they are travelling the wrong direction on the road, by making parking easier and by detecting and steering around obstacles in the road.

STEPHEN ELMER/AUTOGUIDE.COM



MACHO POWER WAGON

Ram brings the brawn

If you're looking for a tough truck that isn't all bark and no bite, the Ram Macho Power Wagon is one concept from the 2016 SEMA Show that fits the bill. Taking its name from the Power Wagon trim level from the 1970s, the Macho takes the Power Wagon's off-road capability and versatility up a few notches with Mopar concept and production products.

JOSH BURNS/AUTOGUIDE.COM

TESLA

Model S gets new glass roof option

Tesla has introduced a new glass roof option for its Model S and has discontinued P90D models for the Model S and Model X. The change was spotted on the U.S. electric automaker's website by Electrek, and the new all-glass roof will cost $1,500 in the U.S., while the panoramic sunroof option will cost $2,000, which is needed for roof rack and satellite radio compatibility. Tesla says the new roof gives the electric sedan an "open, expansive cabin feel," but not much other information on the new roof is available. Another change spotted in the online car configurator is that the P90D model has been discontinued. Customers can still buy a 90D, but without the P designation, Ludicrous mode can't be added on. JODI LAI/AUTOGUIDE.COM

HYUNDAI

Genesis to sell cars online

Hyundai's luxury brand Genesis, the automaker behind the G80 and G90 luxury sedans is launching a new way of selling its cars in Canada. Called Genesis at Home, the brand will let potential customers shop for a vehicle online, get a final quote, complete financing or lease paperwork, put a deposit and order a vehicle from the automaker's centralized inventory — all online. That means there's no dealing with suggested prices, pushy sales people or hidden costs. The fixed cost of a new Genesis also includes scheduled maintenance (for five years or 100,000 km).

SAMI HAJ-ASSAAD/AUTOGUIDE.COM

IN BRIEF

Toyota proves Prius can handle like a sports car

Teaming up with builder Gordon Ting of Beyond Marketing, Toyota has introduced the Prius G at the 2016 SEMA Show, inspired by the Japanese Prius GT300 race car. But this project wasn't just about transforming the mundane hybrid to a car that looks fast, Ting built the Prius to hold its own on the racetrack. And to prove the point, the Toyota Prius G was taken out to Willow Springs International Raceway where it pulled 0.99 g on the skid pad.

JASON SIU/AUTOGUIDE.COM

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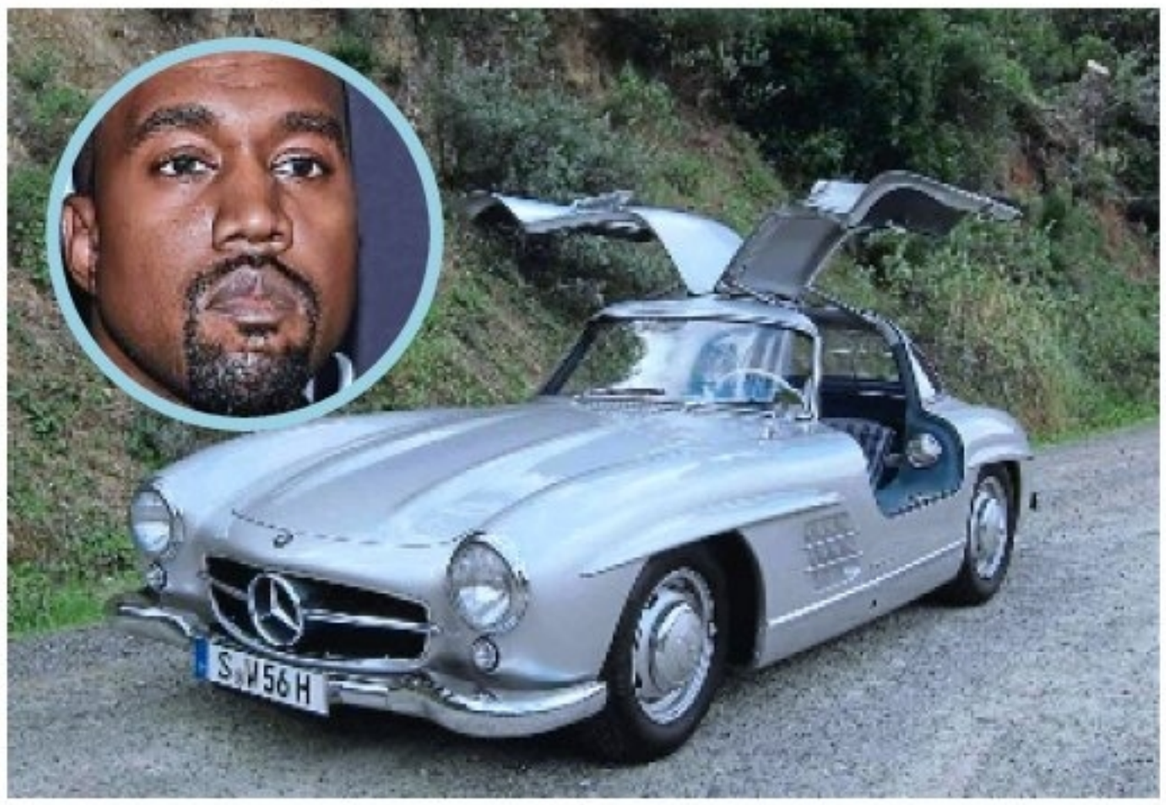
THE CAR BRANDS MOST CELEBRATED BY RAPPERS

GoCompare.com did an analysis of more than 62,000 songs on Rap Genius from artists on the Top 40 Rap US Billboard Charts across the past decade and a list of the 100 greatest rappers of all time to determine which automakers are most rapped about. **JASON SIU/AUTOGUIDE.COM**



Mercedes-Benz

But pulling away by a large majority is Mercedes-Benz, with 3,238 car mentions. Often referred to as "Benz" or "Merc" in rap lyrics, the German automaker can be heard in songs by Mase, Dr. Dre and A Tribe Called Quest. A Mercedes 300SL was used in Kanye West's video Diamonds From Sierra Leone to smash through a shop window.

Ferrari

Often shortened to "Rari" in songs, the Italian automaker has become the go-to brand for stylish transportation and lyrical inspiration. Atlanta rapper T.I. famously owns one, while other artists like Drake, T-Pain and Tyga have recently made mention of Ferrari in their songs.

Chevrolet

In the '90s, Chevy was known as the car of West Coast hip hop, made famous by Dr. Dre, Snoop Dogg and more. Today, artists like A$AP Rocky, Killer Mike, Juicy J, T.I., Gucci Mane and Rick Ross all rap about the new generation of Chevys.

Bentley

A favorite among rappers for offering the ideal blend of luxury and performance, Bentley has been mentioned in songs by Wyclef Jean, Common and Drake. And then there's the famous bright pink Bentley Continental owned by Nicki Minaj

OTHERS THAT MADE THE TOP TEN

Rolls-Royce
With 648 mentions, British luxury automaker Rolls-Royce lands in 10th place on the list.

Maybach
Maybach might best be known in hip hop for when Jay Z and Kanye modified one for the Otis video.

Lamborghini
Lambo finds its way on the list with 964 mentions, including in songs by artists Akon and Missy Elliott.

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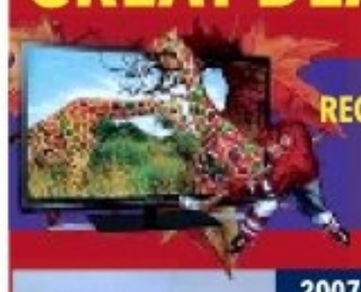

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2013 FORD EDGE LIMITED
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AB10722
$194 B/W @ 4.97% OVER 84 MONTHS NOW ONLY $24,977

2014 KIA RIO SX
Leather interior, navigation, power sunroof, heated front seats, Bluetooth, touch screen infotainment system, power folding mirrors, push to start
$136 B/W @ 4.97% OVER 84 MONTHS NOW ONLY $17,000

2010 MAZDA 3 GX
Alloy Wheels, Air Conditioning, Cabin Air Filtration, Cruise Control, Power Locks, Power Windows, Trip Odometer, Power Brakes, Power Steering, Tachometer
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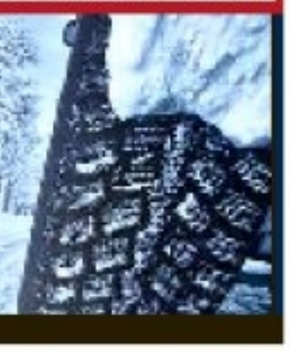

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7 CAR LOGOS THAT ARE AHEAD OF THE PACK

Every car company has its own logo and, like the vehicles they build, some are better than others. Some are weird (like Toyota's oval emblem) or boring (like GMC's consonants) and may never win any graphic design awards but there are still plenty of vehicular brands with elegant and classy logos with interesting backstories. Here's a list of our seven favourite. **CRAIG COLE/AUTOGUIDE.COM**

2 Audi

One of the most elegant automotive logos of all time is one of the most difficult to explain. This firm's emblem is comprised of four interlocking rings, one for each brand that formed the now-defunct company Auto Union. The companies represented in this beautifully rendered logo include Horch, Wanderer, DKW and Audi. It's a difficult story to explain, but the result is one of our favorite logos.

3 Alfa Romeo

Another automaker with a seriously beautiful emblem is Alfa Romeo. Just like Porsche's, it's comprised of various heraldic symbols. The prominent red cross represents the city of Milan, this prestigious automaker's birthplace. As for the crowned serpent, it stands for the House of Visconti, a noble Italian family. How neat is that? Owning an Alfa Romeo is kind of like being friends with royalty... sort of.

1 BMW

Unquestionably, this fabled German luxury car maker has one of the nicest insignias in the automotive world. The blue-and-white motif is a stand in for the Bavarian flag (the firm is headquartered in Munich). Only a decade after its creation did it also gain an association with the aircraft propeller. The roundel overlaid in front of a stylized aircraft propeller is a nod to the high-flying engines they began building in the 1920s.

4 Porsche

This firm's sporty products are lusted after by enthusiasts around the globe. Curiously, the Porsche emblem is a hybrid of sorts, with city of Stuttgart's coat of arms plunked in the center of a field borrowed from the heraldic symbol for the Kingdom of Württemberg. Makes sense, right?

5 Mazda

Rendered in shiny chrome, Mazda's logo is both simple and intriguing. Clearly, it's a stylized "M," but this motif also bears more than a passing resemblance to a blooming tulip. Additionally, those with a keen eye and vivid imagination might notice a soaring bird with its wings spread wide. What do you see in this automotive Rorschach test?

6 Volkswagen

The history of Volkswagen is rather dark. The people's car brand directly traces its roots back to Nazi Germany. In the mid-1930s, Hitler wanted an affordable car that could mobilize the Reich's population. Ultimately, the company's Beetle would do this, even if it didn't hit its stride until well after the Second World War ended. Anyhow, despite its troubled past, Volkswagen has one of the coolest, most graphically pleasing emblems of any automaker. It's comprised of a capital "V" perched atop a large "W," with everything circumscribed neatly by a circle. It's clean, elegant and still cool all these years later.

7 Subaru

Subaru is best known for its rally-racing heritage and unique devotion to all-wheel drive, but in addition to all of this, it also has a pretty neat logo. Do you know what the firm's twinkling emblem represents? Well, if you're an amateur astronomer, you might have a clue, if not, you'll still probably enjoy this tidbit of info. The company's logo actually represents the Pleiades star cluster, which is found in the Taurus constellation. Why this particular group of stars? Subaru is the Japanese word for a group of stars found in the constellation.

metro SPORTS

"That is a privilege a lot of people fought for ... Everyone should vote": Dwane Casey encouraged his American Raptors to cast absentee ballots

The Canucks' Alexandre Burrows scores on Rangers goaltender Henrik Lundqvist on Tuesday. BRUCE BENNETT/GETTY IMAGES

Nucks end long skid

NHL

First win in 10 games comes against a hot Rangers team

The Vancouver Canucks broke through with their biggest scoring outburst of the season, got a strong defensive effort and some big saves from their goalie.

Indeed, it took a complete team effort to end their long losing streak.

Alexandre Burrows scored twice in the third period, and Henrik Sedin and Sven Baertschi each had a goal and an assist to help the Canucks snap a nine-game skid with a 5-3 victory over the New York Rangers on Tuesday night.

Loui Eriksson also scored for the Canucks, who were 0-8-1 with eight straight regulation losses since opening the season with four wins. Bo Horvat had two assists and Jacob Markstrom finished with 23 saves as Vancouver won for the first time since beating Buffalo on Oct. 20.

TUESDAY in New York

5	3
CANUCKS	RANGERS

"I thought we played the right way," Burrows said. "We did a lot of good things defensively at the lines. We pressured a really good team, a fast team, and on the D side, we made some good plays, good reads. ... (Markstrom) played great again and it's a big team win."

The Canucks, outscored 28-9 with four shutouts in the previous eight games, had their most goals since a 4-3 overtime win against Carolina on Oct. 16 in the second game of the season.

Burrows took advantage of a loose puck to give the Canucks a 3-2 lead at 9:21 of the third. Henrik Lundqvist made a sprawling save on a shot in close by Horvat, but the puck stayed out at the right side as several players jabbed at it before Burrows knocked it in for his first of the season.

"It was nice, especially at that time in the game," Burrows said. "We're in a situation now where we (hadn't) won in a while, so any time you can score it makes it feel even better."

Rick Nash, Pavel Buchnevich and Mika Zibanejad scored for the Rangers, who had won five straight while scoring at least five goals in each game. Buchnevich also had two assists.

Antti Raanta stopped 20 shots, though he left for 6:19 in the third period after being run into by the Canucks' Markus Granlund. Lundqvist made four saves on six shots while filling in.

"They were a desperate team and they played like it tonight," Rangers captain Ryan McDonagh said.

"They won more puck battles than us and they had the puck a little bit more than us. And when they had opportunities to score, they beared down and capitalized."

THE ASSOCIATED PRESS

Canadiens squeak out another nail-biter

Paul Byron scored with 1:02 left in regulation time to snap a tie and lift the Montreal Canadiens to a 3-2 victory over the Boston Bruins on Tuesday night.

Byron poked in a loose puck from a scramble after Alexander Radulov passed it into the crease. The goal stood up to video review.

Shea Weber and Alex Galchenyuk also scored for Montreal (11-1-1), which posted a second straight win since a 10-0 defeat in Columbus on Friday night.

TUESDAY in Montreal

3	2
CANADIENS	BRUINS

Colin Miller and David Pastrnak scored for the Bruins, who still had legs in the third period despite playing a second game in as many nights after their 4-0 victory Monday night over Buffalo.

Boston outshot Montreal 43-23.

The Canadiens received a pep talk from visiting golf great Jack Nicklaus in their dressing room before the game, but while it may have inspired a win, it didn't keep them from being outshot for a fifth straight game, allowing 40 or more in three of them.

Montreal plays host to Los Angeles on Thursday.

THE CANADIAN PRESS

NBA

Cavs taste defeat with loss to Hawks

Dennis Schroder scored a career-high 28 points and the Atlanta Hawks handed the reigning NBA champion Cleveland Cavaliers their first loss of the season, 110-106 on Tuesday night.

Cleveland (6-1) cut a 96-81 deficit early in the fourth quarter to 101-97 on LeBron James' basket with 3:14 to play. The Hawks scored the next six points, but three-pointers by James and Kyrie Irving made it 106-103 with 48 seconds left.

Paul Milsap's basket pushed the lead to five, but Kevin Love converted a three-point play with 25 seconds remaining. Kent Bazemore's jumper from the corner with seven seconds left put the game away.

TUESDAY in Cleveland

110	106
HAWKS	CAVALIERS

Bazemore scored 25 points while Millsap added 21. Dwight Howard, who received four stitches for a bloody lip in the first half, had 17 rebounds.

Irving led Cleveland with 29 points. Love added 24 while James, who scored two points in the first half, had 23.

Atlanta finished the second quarter on a 22-6 run to lead 53-42. James didn't score until he hit a jumper late in the first half.

Hawks guard Kyle Korver did not travel to Cleveland after the birth of his third child Sunday.

Atlanta had lost 11 straight to Cleveland, including playoff sweeps the last two seasons.

THE ASSOCIATED PRESS

MLB

Cubs boss named executive of year

Theo Epstein has been voted The Sporting News Major League Baseball Executive of the Year for revitalizing the Chicago Cubs.

Balloting by 56 big-league executives took place before the post-season. The Cubs led the majors with 103 wins during the regular season and beat Cleveland in a seven-game World Series last week for their first title since 1908.

"We'd love to be the type of organization that national baseball fans think of when you think of October baseball," said Epstein, the Cubs' president of baseball operations.

Theo Epstein
GETTY IMAGES

Epstein received 13 votes, followed by Cleveland's Chris Antonetti (nine), the New York Yankees' Brian Cashman (eight) and Texas' Jon Daniels (seven). THE ASSOCIATED PRESS

IN BRIEF

Ronaldo signs long-term sponsorship deal with Nike

Nike and Cristiano Ronaldo have extended their long-term sponsorship deal.

The Spanish soccer star has had a contract with Nike since 2003 and wears its Mercurial cleats. In a video released by the Beaverton, Ore.-based apparel maker, he suggested the deal was "for life," although terms weren't released.

THE ASSOCIATED PRESS

Pens edge Oilers in first Crosby-McDavid matchup

Conor Sheary scored twice, including the winner with 1:42 left, to lift the Pittsburgh Penguins over the Edmonton Oilers 4-3 on Tuesday night.

Sidney Crosby was held without a point in his first matchup against Edmonton star Connor McDavid, who assisted on all three Oiler goals.

The Pens won their fourth straight. THE ASSOCIATED PRESS

Cook back in his kitchen

ALPINE SKIING

Podiums the primary focus in Canadian's return to health

Vincent Man
Metro | Toronto

The season's first super-G race can't come soon enough for Dustin Cook. That's because the Canadian alpine skier is confident he has what it takes to earn the podium's top spot.

"I'm ready to go and I'm ready to fight for the win," Cook recently told Metro. "That's why I'm there, I'm not there for any other reason." The 27-year-old will compete in the super G — his specialty — at Lake Louise, Alta., on Nov. 27. He will also take part in the downhill the day prior. Cook's belief in his ability stems from all the training he has endured over the last year, and not the competition — or lack thereof.

In October 2015, Cook tore the anterior cruciate and medial collateral ligaments in his right knee as well as an adductor in his left leg during a training run just days before the start of the season. The season-ending injury was "not that fun," but a blessing in disguise.

"I mean, an injury is never a fun thing to do or go through but honestly I think there were a lot of positives," Cook said.

"I got to do a lot cool stuff that normally I wouldn't get to do: have a normal life, see friends, explore some opportunities at home.... And I learned a lot about myself and how much I can work." Among those opportunities was being more hands-on during fundraisers and charity events in the Ottawa region and his hometown of Lac-Sainte-Marie, Que.

Giving back to the tight-knit community of skiers back home was important for Cook because it was there where he gained the push to become a world-class ski racer.

"I have such an unbelievably strong support network up there," said Cook, whose resumé includes a silver medal at the 2015 world championships. "They do everything they can and I try to give back as much as I can.

"We're in the process of creating a bursary to identify younger athletes in the area and help them on their way. There's some really cool stuff happening there."

Though he had multiple projects drawing his attention, Cook still had a focus on his return to skiing. With the advice and support from training partners and fellow Canadian Cowboys in Manny Osborne-Paradis and Erik Guay — "fortunately and unfortunately, they've had a lot of experience with injuries" — he was encouraged to regain his form. Cook went one step further by dedicating himself in the gym.

"I feel a lot stronger than I was before," he said. "I spent eight months in the gym so I hope I'm a lot stronger than I was before.

"You might as well make the most of a bad situation. I think we did that and now I feel super strong on snow so it worked out well."

In his first taste of action since the 2014-15 season, Cook competed in a giant slalom race last month in Soelden, Austria. His time wasn't fast enough to earn him a second run, but he said it was a great "mental training exercise."

"It felt totally normal to be in the gate and in that atmosphere again and see the crowd and the competitors," Cook said. "In the long run it will be an invaluable tool." This season also marks the latest world championships in St. Moritz, Switzerland, from Feb. 6-19 — a big motivator for Cook to be on top of his game.

Three months from the event, he says he's already "just refining little things" and has high expectations.

"I'd be disappointed if I was only top 10. I have higher goals for sure," Cook said. "But with the amount of training I have, I feel like I'm pretty dang close to where I left off. I feel good and want to be back on the podium where I feel I belong and go from there."

Dustin Cook is healthy again after suffering leg injuries on the eve of last season.
JOE KLAMAR/AFP/GETTY IMAGES

> **I feel it's realistic to jump right back in it and take charge.**
> Dustin Cook

LOOKING BACK

Cook last visited the podium at the World Cup Finals in March 2015 when he claimed gold in the super G.

IN BRIEF

Many may contest Heisman
Even if Louisville pivot Lamar Jackson wins the Heisman Trophy in a landslide vote, there may still be a slew of finalists at the award night in New York on Dec. 10.

There are always at least three finalists for the trophy but there could be more depending on point totals and the gap between vote-getters. Jackson is listed at 1-to-20 by online casino Bovada to win the award.
THE ASSOCIATED PRESS

Red Wings' arena cost rises
Officials say the cost of building the Detroit Red Wings' new arena has jumped by $105 million to nearly $733 million.

The city's Downtown Development Authority said the revised estimate to build the Little Caesars Arena for the NHL team reflects the specific cost of materials among other things.
THE ASSOCIATED PRESS

Concussion replays being considered by FIFA
Doctors could be allowed to watch TV replays of collisions from the touchline next season and then have matches stopped in response to growing concerns about the dangers of concussion.

Medics would be given time to assess if a player needs to be substituted, if the International Football Association Board grants approval in March.
THE ASSOCIATED PRESS

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WORLD CUP QUALIFIER

Brazilians insist they don't fear Messi

Brazil players have made it clear they will not fear Argentina's Lionel Messi when the two sides meet for their high-profile World Cup qualifier on Thursday.

Messi's return prompted an exchange between the two sides on Tuesday after Argentina striker Lucas Pratto, who plays for Brazilian club Atletico Mineiro, said the hosts were frightened of the five-time world player of the year.

"They know that Leo is very tough. They are a little scared," Pratto told Argentine newspaper Ole. "Or maybe more than a little."

His claim was flatly denied by Brazil captain Dani Alves, one of the Argentina star's closest friends and a former teammate at Barcelona.

"There is no such thing as being scared in football. There is respect for Messi and for Argentina.

Lionel Messi
GETTY IMAGES

And they feel the same about our players, our team," the right back said after Tuesday's training session at the Mineirao stadium in Belo Horizonte, Brazil.

Winger Douglas Costa also kept a sense of perspective, saying: "(Brazil) has to do what it has been doing — regardless of Argentina."

However, Brazil defender Marquinhos added a note of caution about Messi, saying: "We have to be perfect. With the tiniest mistake, he can dribble, he can score."

Messi has missed Argentina's last three qualifying matches with an injured left knee.
THE ASSOCIATED PRESS

RECIPE Baked Fried Chicken

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Toss chicken into buttermilk in the morning and you'll get crunchy yet tender results come dinner time.

Ready in 1 1/2 hours
Prep time: 60 minutes
Cook time: 30 minutes
Serves 4 to 6

Ingredients
- 1/4 cup buttermilk (or add a tsp of vinegar to regular milk and let it sit for 15 minutes)
- 1 garlic clove, minced
- 8 or 9 chicken pieces (thighs and drumsticks)
- 1 1/2 cups whole wheat bread crumbs
- 2 Tbsp fresh thyme
- 1 1/2 tsp lemon zest
- Salt and pepper to taste

Directions
1. Combine the buttermilk and garlic together in a shallow pan container. Coat the chicken pieces thoroughly and cover with plastic wrap. Place in the fridge to marinate for a half an hour or up to over night. Turn the chicken pieces over at least once while marinating.
2. Preheat the oven to 400 F.
3. Mix bread crumbs in a bowl together with the thyme, zest and salt and pepper.
4. Dredge chicken pieces in the bread crumb mixture and place them on a baking sheet. Press bread crumbs onto the meat if some falls off.
5. Bake for 30 to 40 minutes until the outside of the chicken is deeply golden and the meat is cooked through.

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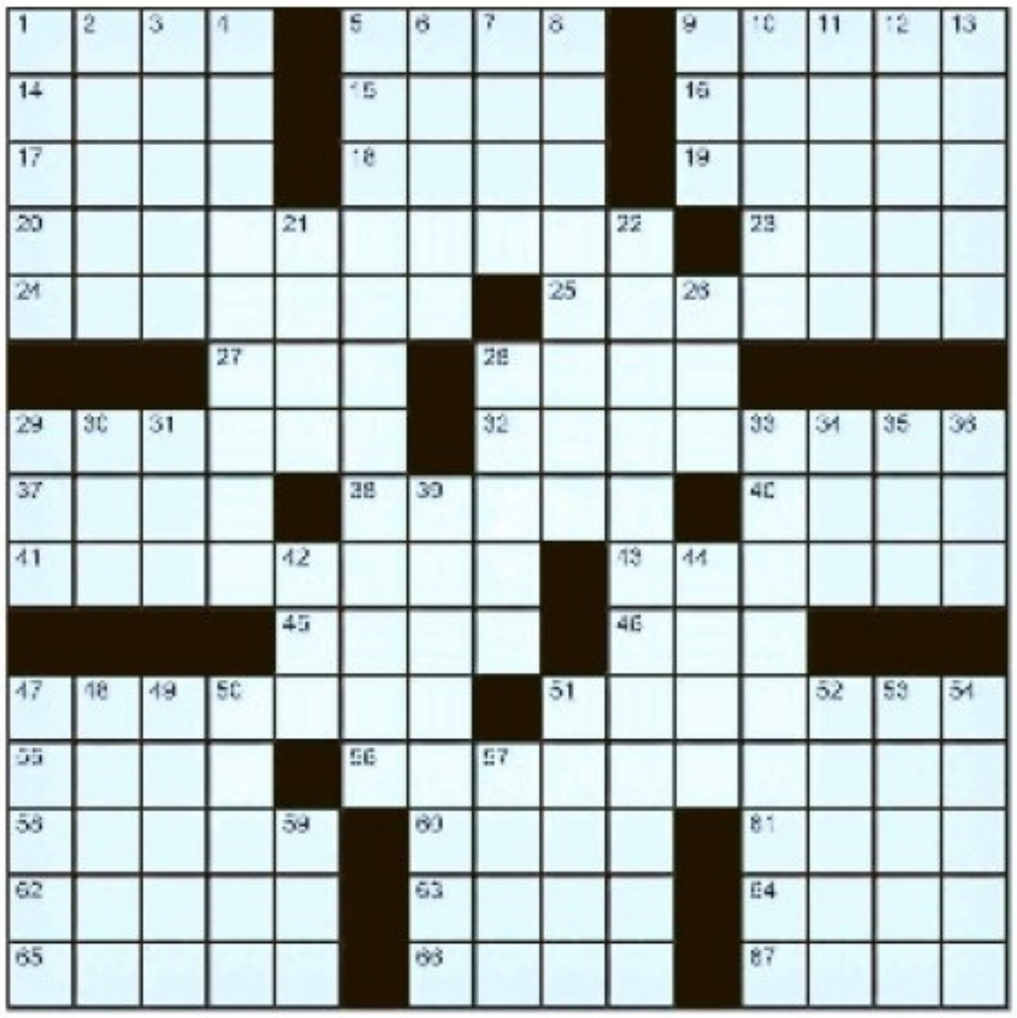
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Prefix to 'dextrous' (Skilled at right/left hand use)
5. Tickled throat toot
9. Basket-making fibre
14. Exhausted
15. Financial-related, briefly
16. Sales pitch
17. Dentistry fear, __ canal
18. Tip to 'tion' (Car's key spot)
19. Tea Leoni series, "__ Secretary"
20. Excess oil skincare product
23. "__ Got Tonite" by Bob Seger
24. Ladies wear specialty sizes
25. __ and lightning
27. Fare vehicle
28. John and Jane
29. World's biggest desert
32. Quebec locale historically a mining town
37. Departed one's bio
38. Willowy
40. Angel's adornment
41. Headquarters: 2 wds.
43. In disagreement: 2 wds.
45. Sidewalk bugs
46. Eyrie as Aery = __. sp.
47. Resort island of Spain
51. Concern
55. Throughout
56. International car rental company with locations across Canada
58. Accent that should appear above the 'n' in El Nino
60. Break
61. Paperback's ID
62. Bill __ & His Comets
63. "Do __ others as you would have..."
64. 1971 Joni Mitchell album
65. Zzzzz ...loudly!
66. Mr. Trotsky
67. Mr. Rogen

DOWN
1. "That's __!" (End-of-filming exclamation)
2. Canuck symbol
3. Boris __, Montreal-born conductor
4. Detailed, as embroidery
5. Giller Prize winning novel by Canadian writer Rohinton Mistry: 3 wds.
6. __ Boson, 'The God Particle'
7. Anglo-Saxon toiler
8. Canadian apple
9. 'Real' suffix
10. Lay eggs, as a salmon
11. __ over (Helped out in the interim)
12. Bequeath
13. "__ Gantry" (1960) starring Burt Lancaster
21. __-TASS (Russian news agency)
22. Comedy Network's new satirical news show premiering tonight, November 9th, 2016: 2 wds.
26. Function
28. Sees someone
29. Pre-Lah musical note
30. "The Wonder Years" actress, Olivia d'__
31. That guy
33. Barbecue servings
34. Little bit
35. Former
36. Emergency message at sea
39. City in Turkey
42. __ of soap
44. Field covering, on a rainy baseball day
47. Stowed sweater snackers
48. Tweety-like
49. Jiggly dessert
50. Harmony
51. Basil/pine nuts sauce
52. Supermarket lane
53. "Life __ a Dream" (Beyonce documentary)
54. "Buffalo Stance" singer Ms. Cherry
57. Melody
59. Middle

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Competition, especially in physical sports, will be strong during the month ahead. You want to outdo someone at his or her own game.

Taurus April 21 - May 21
Your ambition is aroused during the next six weeks, which is why you want to show the world what you can do. This is good, but don't be a threat to bosses and co-workers.

Gemini May 22 - June 21
You want to travel and break free of restrictions in the month ahead. However, you can use this same energy to study and explore avenues in publishing, the media, medicine and the law.

Cancer June 22 - July 23
Disputes about inheritances, shared property, taxes and debt will be your focus in the month ahead. Someone at work will be supportive of you.

Leo July 24 - Aug. 23
For the next month, you'll need patience when dealing with others, because fiery Mars is opposite your sign. This can make you impatient, critical and judgmental of others.

Virgo Aug. 24 - Sept. 23
During the month ahead, you will work hard, long hours. Your focus, endurance and stamina will make you the leader of the pack!

Libra Sept. 24 - Oct. 23
You will put out a lot of energy in the next month into having fun. Expect to be involved in the arts, the entertainment world and sports events.

Scorpio Oct. 24 - Nov. 22
In the month ahead, your home scene will be chaotic. Visiting relatives and residential moves or renovations means you have to be more patient with family members.

Sagittarius Nov. 23 - Dec. 21
Your ability to use your words to get what you want will be amazing during the month ahead. It's a strong time for those of you who sell, market, teach and act!

Capricorn Dec. 22 - Jan. 20
You will work hard in the coming month to earn money, because you're motivated! One of the reasons for this could be that you are spending a lot as well.

Aquarius Jan. 21 - Feb. 19
Fiery Mars is in your sign for the next six weeks, making you forthright and proactive. That's why you will get so much done. Look out, world!

Pisces
Feb. 20 - March 20
Many of you will work behind the scenes or alone during the next six weeks. This is wise. You will get more done this way.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	5			4			2	
		7			8			
						1	3	
		1			6	9		
3		4		1		7		8
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2	8	3	6	7	4	9	5	1
1	9	6	8	2	5	7	4	3
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6	3	1	2	4	8	5	7	9
5	4	8	7	3	9	1	2	6

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